



**The experiences of individuals receiving food parcels in KwaDabeka, Durban: a hand
out or hand up?**

by

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Submitted as the dissertation component (which counts for 50% of the degree) in partial
fulfilment of the requirements for the degree of Master of Development Studies in the School
of Development Studies, University of KwaZulu-Natal, Durban.

December 2016

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Abstract

The number of people living in poverty and dealing with chronic hunger continues to sit at incredibly high levels across Sub-Saharan Africa. There are a large number of non-governmental organisations working with various groups of people in an attempt to reduce poverty. The aim of this research was to examine the lived experiences of individuals receiving food parcels as part of a non-governmental organisation's poverty reduction programming.

The organisation provides food parcels to a number of families in KwaDabeka, Durban on a monthly basis. The food parcels are meant to act as a starting point for these families to begin to move out of poverty. Drawing on available research on food security, poverty, and strategies for poverty reduction, as well as data collected through interviews with those implementing the programmes, and interviews with a number of the food parcel recipients, the impact of the food parcel programme is explored in this study. The study was qualitative in nature and deployed a constructivist approach which enabled discovering the different and lived realities of those individuals who are participating in the food parcel programme in KwaDabeka. Purposive sampling was used to identify the key individuals and recipients involved in the programme, after which semi-structured interviews were conducted.

This study illustrates the ways in which those working to reduce poverty often begin the process with grand dreams or ideas of what they will achieve and more often than not, these ideas are not backed up with concrete plans. Some of the key finding suggest that the food parcels are making the lives of the recipients liveable and 'better' and that these parcels have restored their hope in themselves and humanity. They also claimed to have more time to do other chores and activities such socialising, registering and receiving social grants as well as tending their gardens.

The findings also suggest that the in order to move people out of poverty, a desire to help or make a difference is of little use unless it is coupled with adequate plans and processes. Further, the findings speak to the literature on the subject, and show that for real and lasting development to occur, it is vital that there is participation from those involved.

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I, Amy Benn, declare that

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Acknowledgements

This dissertation would remain uncompleted if not for the support and encouragement of a number of people.

First, my husband, you are my favourite. Second, my mother, I am indebted to you for so very much. Third, my sister, for always giving me your stress pills. Fourth, my father, for constantly asking, “So when are you going to do your PhD?”.

And finally, to the great I Am. As Mr Beaver said, ““Course he isn’t safe. But he’s good. He’s the King”.

I would also like to acknowledge the immense support of Professor Oliver Mtapuri, without whose help I would still be sitting with an unfinished dissertation. I would also like to acknowledge the guidance of Sarah Bracking. The financial assistance of the National Research Foundation (NRF) towards this research is acknowledged and appreciated.

This dissertation is dedicated to the laughing, resilient, powerful recipients of food parcels in
KwaDabeka, Durban.

“Papers on the poor proliferate, like this one. And there are many like me, who are not poor, willing to write about those who are. Papers on poverty are commissioned for conferences and roundtables, for symposia and summits.

One may speculate on what topics the poor and powerless would commission papers if they could convene conferences and summits; perhaps on greed, hypocrisy and exploitation.”

Robert Chambers

Chapter One: Introduction and Background

1.1. Introduction

This chapter looks at the background and context of the food parcel programme operating in KwaDabeka, as part of the programmes run by the non-governmental organisation, Church Alliance for Social Transformation (hereafter referred to as CAST). This chapter provides information and data on the levels, causes, and consequences of poverty in South Africa, and the direct impact of this poverty on food and hunger levels. The chapter also looks at the way CSOs, particularly NGOs, work towards reducing poverty, and gives a brief background of the food parcel programme operating in KwaDabeka.

Poverty, and the subsequent hunger that is experienced by those who cannot afford adequate food, is a massive problem in South Africa. There are thousands of organisations working towards reducing and eliminating poverty at local, regional and national levels within South Africa. Each of these organisations approaches the issue of poverty differently and experience varying levels of success in the programmes. One of these programmes is the food parcel programme run by a non-governmental organisation called Church Alliance for Social Transformation which has been running in KwaDabeka for 10 years. The food parcel programme has worked with a changing group of participants over the years and currently gives food parcels to 82 recipients.

In light of the fact that poverty is a multidimensional issue, approaches to poverty reduction often vary from organisation to organisation, and even country to country. This dissertation aims to look at some of the approaches to poverty reduction and how the food parcel programme can be more effective in reducing poverty in the long term.

1.2. Dissertation Format

The remainder of the dissertation is structured as follows: Chapter Two focuses on literature about the right to food, approaches to poverty reductions and the sustainable livelihood theory. Chapter Three outlines the background and gives the specific context of the case study. This chapter gives a better understanding of poverty in South Africa and the context out of which programmes, such as the food parcel programme in KwaDabeka, emerge. Chapter

Four details the methodology used in the dissertation, in addition to reviewing literature on approaches to poverty reduction and hunger, interviews were conducted with key individuals linked to the organisation and involved in the implementation and running of the food parcel programme.

Chapter Five outlines the various findings which emerged from the data collected, whilst the final chapter, Chapter Six, discusses these findings and identifies ways in which the knowledge gained from researching the experiences of those individuals receiving food parcels can be used to improve, not only the particular poverty reduction programme researched, but others like it.

1.3. Research Objectives and Questions

Problem statement

The Bill of Rights makes it clear that all South Africans have the right to food. As such, it should be the norm that every family has access to enough of the right kind of food to ensure a healthy and sustainable livelihood; unfortunately, this is not the case. Due to the myriad consequences of poverty, many South Africans find themselves living in a state of chronic hunger. There are many governmental departments, as well as non-governmental organisations whose mandate it is to reduce the number of people living in hunger, however, many are not achieving their targets.

Rationale for the study

Across South Africa there are many different organisations working to help those living in poverty. Each of these organisations uses certain programmes or methods to ensure their participants are steadily moving out of poverty. However, it could be argued that these organisations are not achieving much success as a result of their efforts. The number of people living in poverty in South Africa remains alarmingly high, and although many of these organisations have achieved success in moving people out of poverty, it is clear that none have had any impact on a large enough scale to reduce South African poverty levels. It is important that these organisations begin to understand why they have not managed to achieve high levels of success, and what they can do to change this. This study provides the organisation studied, as well as others like it, a better understanding of where and how they are falling short.

Significance of the study

The findings of this study are significant for a number of different groups. The study is valuable to government as it illustrates how a lack of adequate legislation impacts directly on the lives of those in poverty. The study is significant for the many non-governmental organisations working to reduce poverty in South Africa because those facing similar hurdles to the organisation that took part in the study are able to use the findings to give credibility to hypotheses that they may already have. The study is further significant to the organisation itself, as well as those receiving the food parcel. In interrogating the experiences of those individuals receiving food parcels, the study offers the organisation a more in depth understanding of the impacts of the food parcels, as well as the impacts of the relationship and interaction the organisation has with the food parcel recipients.

Aim of the study

The aim of the study is to better understand the experiences of those individuals receiving food parcels in KwaDabeka, and, in doing so, to determine the level of developmental benefits added by the programme. Looking at and interrogating the experiences of those receiving food parcels assists in identifying ways in which the programme can be improved. Although the study results cannot be generalised, the study does aim to offer other organisations involved in similar work a better understanding of the various success and failures of the organisation in question, so that they themselves can garner lessons from it.

Research Questions

The specific research questions which are investigated in the study are as follows:

1. What impact (if any) are the food parcels making on the families' wellbeing every month?
 - a. In what ways have the food parcels allowed any individuals or families to better themselves in different ways?
 - b. To what extent are the food parcels necessary for the survival of the families every month?
2. How far do families rely on food parcels for their dietary and welfare needs?

- a. Which other foods do the families receiving food parcels supplement the parcels with?
 - b. What other assistance have the families been receiving (financial or otherwise)?
3. How far do food parcels add development benefits and how could this be done?
 - a. To what extent are the food parcels creating dependency on the programme for survival?

1.4. Reasoning behind the Food Parcel Programme

There are many programmes, both governmental and non-governmental, that seek to address poverty in South Africa and to lift people out of poverty. One such programme is the food parcel programme in KwaDabeka, Durban, where individuals receive a basic food parcel once a month, which is designed to stem the harsh impacts of poverty and joblessness, and to ensure that these individuals and their families receive some sort of sustenance on a month-to-month basis. The food parcels are designed to act much the same as a social minimum would, which, as Thompson (2007: 64) puts it, “addresses the brute material deprivations, to provide a floor of dignity and a basic standard of living so that materially and politically, people are in a position to plan and pursue their own goals and as citizens shape their vision of society with others”.

The organisation intends, as the study will show, to use the food parcel programme as a starting point on a family’s journey out of poverty. The programme is meant to be a way for the organisation to gain access to those in the household they may not normally have been able to access (interview with Pepper, 17/02/2016). In many cases, households are weary of simply accepting the help of outsiders, as such, the organisation is able to use the food parcel as a way of gaining the trust of those they work with. The organisation views the food parcels as a reasonably inexpensive way to help those in need to cater for their immediate needs, as well as form a relationship that the organisation hopes will end with families no longer living in poverty.

Poverty in Post-Apartheid South Africa

Since the end of apartheid, the South African government has been committed to combating poverty. The government committed to halving poverty in the ten year period

between 2004 and 2014 across the country (Altman et al., 2009: 345), however, this commitment to reducing poverty has not produced as much fruit as previously intended and many South Africans still suffer the effects of poverty.

One of the largest factors impacting the levels of poverty in South Africa is the unemployment rate. In the year 2014, the national unemployment rate stood at 25.4% (Tsegay et al., 2014: 17). High levels of unemployment often means that access to capital to buy food is not guaranteed for a large portion of South African citizens. The impact of unemployment is made worse by the fact that South Africa has one of the highest inequality ratios in the world (Altman et al., 2009: 345; Bosch et al., 2010: 1). As of 2013, the median income for South African households was R3100 per month, with salaries and wages accounting for only 32% of this total, with the remaining 68% being made up of social grants and remittances (Tsegay et al., 2014: 17). Above and beyond the dismal income brought in by a large portion of the population, what little money is brought in by those families in lower income groups is spent largely on food. In relative terms, those individuals and families in the top 10% income groups in South Africa spend a mere 10% of their income on food, whereas those households who occupy the bottom 25% income group spend just short on 50% of their income on food (Stats SA, 2012 in Tsegay et al., 2014: 17).

In South Africa, with an approximate population of 53 million people, one in every four people will experience hunger on an ongoing basis, with over 50% of the population at risk of chronic hunger (Tsegay et al., 2014: 6). According to the South African National Health and Nutrition Survey (SANHANES), conducted in 2013, 26% of the country's population regularly suffers from hunger, with an added 28.3% of the population being at risk of experiencing hunger (SANHANES, 2013). If we focus solely on those living in urban informal areas, such as KwaDabeka, these statistics increase even further, to 32,4% and 36,1% respectively (SANHANES, 2013).

The various means of combating poverty and vulnerability to hunger, which are more freely available in rural areas, are often not as easily accessible to those living in urban informal settlements. An example of this is backyard gardens, where it is estimated that as few as 4.2% of urban informal households have, or make use of, vegetable gardens (Stats SA, 2012 in

Tsegay et al., 2014: 21). Not only do those living in urban informal settlements battle with access to various forms of physical capital such as backyard gardens, they also lack access to adequate infrastructure and governmental services, and the cost of living is much higher when compared to rural settlements (Crush and Frayne, 2010: 29).

Civil Society and Poverty Reduction in South Africa

The global emergence of non-governmental organisations as a subset of civil society occurred during the 1970s and 80s due to perceived failures of state-led development initiatives. NGOs were seen as an alternative to state-led development and were better equipped to ensure people-centred approaches to issues of service delivery, poverty reduction, and empowerment (Banks and Hulme, 2012: 3), as they work closely with local communities at a grassroots level and therefore have better insight into issues in the area (Willis, 2005: 98). However, in the same breath, NGOs often implement programmes which have been designed in boardrooms or offices rather than on the ground, in the context of the area they find themselves in. This type of programme planning allows for little participatory engagement (Mitlin, 2010: 388) and can lead to the implementation of programmes that are unsustainable or even irrelevant. This is particularly true for those NGOs in South Africa, led by predominantly white leadership, who often bring with them the sense that they know better, due to various factors, such as education levels.

On the other side of the fence are those who, in many cases, blame the poor for their own condition, whether they are seen as lazy or careless with money, and many people believe that providing these individuals with ‘handouts’ or allowing them to ‘get something for nothing’ will only make the situation worse (Thomson, 2007: 64). NGOs often have to fight against this kind of thinking and work to educate the public about the very real causes of poverty, moving people beyond binary thinking of laziness and hard work.

Models of Social Policy: Hand Outs vs Hand Ups

The value of and need for social welfare will always be an issue which is greatly debated. There are many scholars, governments, and every day citizens with varying opinions on the role of social welfare and social policies, and at what level these should operate in righting inequalities within the world. Like many other issues, there are those that believe that

social policies should operate without limitations or conditions. These types of policies include, for example, a universal basic income, that comes with no strings attached, and are what their opponents would deem, hand outs. These types of social policies are often opposed by those who take a more integrated approach to poverty reduction, and operate in a manner in which those in need are taught to fish, rather than simply given a fish, what those who support these types of policies would call, hand ups.

It is important to understand that there are a wide range of social policies which have been developed and implemented across the globe, with varying degrees of success. Whilst some may act as hand outs, where those accessing grants or resources are able to do so without fulfilling any conditions, these do not always fail to bring people out of poverty. In the same breath, there are those social policies designed to be hand ups, which come with strict conditions and are aimed at empowering those in need to help themselves rather than to rely on an outsider for help, which have failed to bring any meaningful change to the lives of those living in poverty.

Within the broader context of hand outs and hand ups, a scholar by the name of Richard Titmuss wrote on what he described as three different models of social policy, these were, the Residual Welfare Model of Social Policy, the Industrial Achievement-Performance Model of Social Policy, and the Institutional Redistributive Model of Social Policy. As Titmuss (1974) noted,

These three models are, of course, only very broad approximations to the theories and ideas of economists, philosophers, political scientists and sociologists. Many variants could be developed of a more sophisticated kind. However, these approximations do serve to indicate the major differences - the ends of the value spectrum - in the views held about the means and ends of social policy.

The three models written on by Titmuss understood that whilst social policy was necessary to help those in need, there were different ways in which this aid could be given, and it was necessary to understand each, and they manner in which they would function according to the intended outcomes, as well as the views of those who were to implement it.

The first model, the Residual Welfare Model of Social Policy, is based on the premise that there are only two channels through which an individual's needs are adequately met, namely the private market and the family, and that only when these break down, should social welfare institutions come into play, temporarily (Titmuss, 1974: 30). The second model, the Industrial Achievement-Performance Model of Social Policy, incorporates a much more significant role for social policy and social welfare institutions. Those who are proponents of the second model believe that needs should be met on the basis of merit, work performance and productivity, and looks at the ideas of incentives, effort and reward in how social welfare is distributed (Titmuss, 1974: 31). The third and final model written about by Titmuss is the Institutional Redistributive Model of Social Policy. This model sees social welfare as a major integrated institution in society, providing universalist services outside the market on the principle of need (Titmuss, 1974: 31). Many Scandinavian countries follow this model.

While looking at these three models gives valuable insight to social policy employed by the South African government today, it is important to understand these models and the ideologies they are based on, in order to better understand the implications of each, as well as the potential that each model has to succeed, in any context, but particularly in the context of poverty reduction in South Africa.

1.5. History of the Food Parcel Programme

The food parcel programme in KwaDabeka was developed through an already existing relationship between KwaDabeka Baptist Church and a nearby school. Together, they ran a feeding scheme in the school, along with help from Westville Baptist Church (WBC). Over the years, WBC began to become more and more involved with food parcel programmes, in a number of different communities, and as such, WBC officially formalised their NGO in 2009, in order to become better equipped to facilitate the programmes (interview with Knighton-Fitt, 11/02/2016). Preceding the formalisation of the NGO, the organisation had been informally running a food parcel programme in Cato Manor; once the NGO was formalised, the decision to co-opt the feeding scheme and run the same programme in KwaDabeka was taken (interview with Knighton-Fitt, 11/02/2016).

1.6. Conclusion

Poverty and hunger are very real issues for a large portion of South Africans. The food parcel programme in KwaDabeka is one example of an organisation attempting to reduce the prevalence of poverty and hunger by helping those in need. Non-governmental organisations in South Africa are able to bridge the gap between the public and private sector and secure funding that other civil society organisations may not be able to secure, which allows them to deliver services and provide programming on a larger scale and facilitate the reduction of poverty in the areas they work. However, while many NGOs approach poverty with the good intentions, they may not always have the most effective approach. While the organisations may reduce the level of poverty for a small portion of those they work with, to ensure true change and real reduction in poverty, it is vital that these intentions are coupled with a contextually relevant and strategic approach.

Chapter Two: Theoretical Framework and Literature Review

2.1. Introduction

The issue of poverty and how to combat it remains one of the most pressing matters in the international development debate. Many local and international organisations have begun to ask similar questions with regard to poverty, namely: What is it that makes Sub-Saharan Africa the poorest region in the world, and what can be done to change this? (Handley, 2009: vi) This topic, and the many answers to this question, however, are very broad and fall outside the focus of this study.

Although poverty manifests itself in a myriad of ways, one of the most common, as well as one of the most devastating, is the lack of access to basic nutrition. Food security forms part of section 27 of the Bill of Rights in South Africa. Under this section, the Bill of Rights (1996) states that every South African “has the right to have access to sufficient food and water”, and that, “the state must take reasonable legislative and other measures, within its available resources, to achieve the progressive realisation of each of these rights”.

This chapter aims to provide an understanding of what it means to have the right to food in South Africa, what this right means for those living in poverty, as well as some of the theories geared towards reducing poverty and ensuring a realisation of the right to food.

A broader definition, or framework of understanding, of poverty is important to ensure a deeper understanding of the various issues surrounding poverty, specifically poverty in the Sub-Saharan region of Africa. It is vital to note that the socio-economic circumstances within the African context make both poverty reduction, as well as the necessary good governance, particularly troublesome (Hyden, 2007: 16751). In light of this, strategies to combat poverty within Africa, and particularly within sub-Saharan Africa, need to look markedly different to the poverty reduction strategies and programmes in developed countries. The impacts of colonisation, as well as the International Monetary Funds’ Structural Adjustment Programmes and neoliberal policies in Africa, have caused the continent to have, at least when compared to many Western countries, volatile and unsteady political and economic climates (Settles, J.D., 1996, Kawewe and Robert, 2000: 79; Heidhues and Obare, 2011: 55). Further, both the political

and economic climates within Sub-Saharan Africa have wide-ranging impacts on the effectiveness of poverty reduction (whether conducted by the state or civil society) and strategies need to take this into account. Some of the issues that need to be considered in designing and implementing poverty reduction strategies include smaller governmental budgets, young and potentially weak civil society, and ineffective government policy, among others.

The United Nations' 2030 Agenda for Sustainable Development, as well as the various poverty alleviation or reduction strategies adopted by organisations and countries across the globe, assume that free and fair elections, transparent government, law and order, and an active civil society already exist in every country (FOCAL, 2006: 3; Hyden, 2007: 16752). However, this is simply not the case, and for many African countries there is still a struggle to implement fair elections or have truly democratic governments, even before poverty is tackled with any meaningful impacts. While South Africa does not have many of the same issues facing other African countries, there is still rampant poverty within its borders. As such, it is important to look at the potential causes of this as well as some theories that may offer sustainable solutions.

2.2. The Right to Food

Food is a basic need of every person, however, simply because something is a need does not mean there is unlimited or easy access to it. The United Nations Food and Agricultural Organisation (FAO) has this to say about food security: "The right to adequate food is realised when every man, woman and child, alone or in community with others, has physical and economic access at all times to adequate food or means for its procurement" (FAO, 2010: 2). The FAO states that not only do we as humans have the right to food, but that three conditions must be met, and these are that food must be available, accessible and adequate. In many instance, only one or two of these three boxes might be ticked. Each of these three 'boxes' requires certain things to be in place in order for them to be 'ticked'. For food to be available, there needs to be access by individuals to food production and animal husbandry or at the very least, food should be available to buy in markets or shops (FAO, 2010: 2). For food to be accessible, there needs to be both economic and physical access to food (United Nations, 2010: 2). Lastly, food must be adequate which means that food must satisfy an individual's dietary needs, taking into account factors such as age, living conditions, health, occupation, sex, and

so on (FAO, 2010: 3). For a number of reasons, one or more of these conditions are not attainable by a large portion of the South African population. In many cases, South Africans do not have access to food because of economic reasons; the high number of South African children suffering from malnutrition is caused by a lack of adequate food (Zere and McIntyre, 2003: 20032). Children require certain foods to ensure optimum growth but due to a lack of money, or because healthier foods are not as easily attainable in poorer areas, often these children do not receive the correct or adequate food.

However, while the FAO states that each human has the right to food, it goes on to state that the right to food must not be confused with the right to be fed (FAO, 2010: 4). The distinction here is that the right to access food should not be conflated with the idea that the government should provide the food. Those who oppose social welfare would highlight the immense dependency that this kind of solution could create. According to the FAO (2010: 3), “individuals are expected to meet their own needs, through their own efforts and using their own resources”. The duty of the state to ensure that an individual’s right to food is not violated is through the provision of an enabling environment. This enabling environment may take on various forms, depending on the government, country and population demographics. There are only a few instances where it is the duty of the state to directly feed people, these include: armed conflict, natural disaster or because they are in detention (FAO. 2010: 3).

When considering the right to food and all that it entails, it is important to acknowledge how the concepts of food security and food sovereignty are interlinked, but are separate issues. Food security is a pre-condition to the right to food and exists “when all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life” (FAO, 1996). Food sovereignty, on the other hand, is a more recent concept which calls for groups of people to have the ability to define their own food, method of food production, and to safeguard domestic food production. Although food sovereignty is an important concept, there is no international law, or even consensus on the topic (FAO, 2010: 4) and the right to food remains the only one of the three mentioned above to be recognised under international law. An acknowledgement of the right of individuals to food, particularly in a country’s Constitution, places a legal

obligation on the state to work towards ending hunger and malnutrition in the country, and to ensure a measure of food security for all living within its borders (FAO, 2010: 5).

2.2.1. The Right to Food: Social Policy in the South African Context

The right to food is protected in a number of places under the South African Constitution. In section 27 in the Bill of Rights it states that everyone has “the right to have access to sufficient food and water”, and that, “the state must take reasonable legislative and other measures, within its available resources, to achieve the progressive realisation of these rights” (McLaren et al., 2015: 3). In section 28, when talking about the rights of children in South Africa, the Constitution states that every child has the right to basic nutrition, shelter, health care services, and social services (McLaren et al., 2015: 3). However, whilst every South African’s right to food is protected under the Constitution, this right is often not realised. Devereux and Maxwell (2003:1) argue that the issue of food insecurity cannot be attributed to a failure of agricultural production at a macro level. In fact, it should be noted that South Africa is a food-secure country at a national level. The problem in South Africa is that there is a failure of livelihoods to ensure access to sufficient levels of food at the household level (Devereux and Maxwell, 2003:1). In South Africa, 43% of households still suffer from some form food poverty (such as chronic hunger) and 1.5 million children suffer from malnutrition (De Klerk et al., 2004: 25). In South Africa, one of the primary root causes of food poverty and chronic hunger is not due to a lack of food stock, but rather, a lack of access to available food (FAO, 2010: 4). Within the South African context there are many different factors impacting on an individual’s right to food which. These include poverty, social exclusion, and discrimination. If the South African government and non-governmental organisations in the country want to ensure adequate food for every person, it is vital for them to combat these issues, which include such wide-ranging factors as access to transport, access to food, geolocation of people groups, and racial discrimination, among many others. More importantly, it is vital that the government and civil society tackle these issues holistically, acknowledging the intersectionality of these issues.

One manner in which the right to food is protected, as previously mentioned, is through the Constitution. However, while the right to food is protected under the Constitution, it is the only socio-economic right that does not have any framework legislation enacted on it, the table below shows different socio-economic rights and the various legislation enacted to ensure

South African's basic rights.

- | | |
|--------------------------------------|---|
| - The right to basic education | - South African Schools Act, 1996 |
| - The right to housing | - Housing Act, 1997 |
| - The right to water | - Water Services Act, 1997 |
| - The right to a healthy environment | - National Environmental Management Act, 1998 |
| - The right to healthcare | - National Health Act, 2003 |
| - The right to social security | - Social Assistance Act and SASSA Act, 2004 |
| - The right to food | - |

Source: McLaren et al., 2015: 5

Although the protection of the right to food under the South African Constitution is necessary for a just South Africa, it is only the first step to ensuring that every South African household is food secure. Over the years, the government has employed various strategies and frameworks to try and ensure the right to food. One of the first strategic frameworks to combat food insecurity was outlined in the Reconstruction and Development Programme (RDP). In line with the Bill of Rights, the RDP identified food security as a basic human need and recognised that food insecurity and poverty in South Africa is part of the legacy of apartheid (IFSS, 2002: 11). Over the years, the issue of food security has come up a number of times in various social policy documents and strategies, these include: Broadening Access to Agricultural Thrust (BATAT); The Agriculture White Paper (1995); and the Agricultural Policy Discussion Document (1999) (IFSS, 2002: 11). At the turn of the millennium, the South African government made a decision to update their policy with regards to food security. The Integrated Food Security Strategy (IFSS) was then launched. The IFSS acknowledged that ensuring South Africans are food secure on a household levels requires a holistic approach to the issue, involving all spheres of government, as well as participation of civil society and the private sector (IFSS, 2002: 11).

It is clear that South Africa takes seriously the rights of its citizens; however, it is also clear that many South Africans still live in extreme poverty, often going hungry on an ongoing

basis. The right to food is protected under South African law. Social policy is used in an attempt to ensure this right. However, over and above policy on food security within South Africa, it is important to place the issue of food security and poverty within a broader regional and international context in order to fully understand the issue.

2.2.2. The Right to Food in the Context of International and Regional Law

While it can be seen that the right to food is protected under the South African Constitution, the Constitution also requires South African courts to consider international law and standards when interpreting the Bill of Rights. Various international instruments seek to protect the rights of humans, in this case, particularly when it comes to food. These include:

- African Charter on Human and People's Rights;
- African Charter on the Rights and Welfare of the Child; and
- UN Special Rapporteur on the Right to Food

However, while all this is in place in an attempt to ensure every South African's right to food is not violated, one of the main issues with regards to the right to food in South Africa, and the idea of food security in general, is that South Africa is able to declare themselves food secure on a national level. While this may look good on paper being food secure on a national level does not mean that each and every household in itself is food secure. South Africa works closely with the South African Development Community (SADC) to ensure that the region as a whole maintains their food security by targeting various potential issues, such as crop and livestock development, agricultural research and development, and natural resource management. In recent years, the government has increasingly realised the importance of working in partnership with the non-public institutions or civil society organisations in ensuring food security and reducing hunger (IFSS, 2002: 12).

South Africa has made attempts to conform to international policies that address poverty and the cause of food security. In particular, as part of the 1996 Rome Declaration on World Food Security, South Africa pledged to support the World Food Summit Plan of Action (IFSS, 2002: 12). This was done in an attempt to ensure the efficient use of resources, within both the public and private sector, as well as the optimal allocation of natural resources in order to achieve and maintain food security for all households (IFSS, 2002: 12). Above and beyond this, the South African government committed to eradicating poverty through the implementation of

policy and an enabling political, social and economic environment which result in effective out-workings of said policy (IFSS, 2002: 12). However, this commitment on paper has not translated in evidence of poverty eradication on the ground, and many South Africans still face poverty and hunger on a daily basis. As such, there are various organisations which work to reduce and eradicate poverty in South Africa, using a wide array of motivations and approaches to the issue.

2.3. Approaches to Poverty Reduction

While various agencies, governments and organisations studying poverty in Africa have begun to ask the pertinent questions, it should be acknowledged that Africa has always been a complex and multi-faceted continent, and South Africa no less so. Our continent and country often finds itself on the outskirts of research and policy interventions which are often focused on Western countries, or which fail to adequately consider the conditions and contexts in Africa. When studying the continent of Africa, it is clear that there are a myriad of both socio-economic as well as political-economic drivers and maintainers of poverty (Handley et al., 2009). It has been said that in many instances, ‘conventional’ policy models for tackling poverty often fail to take into account the atypical conditions in Africa. In many cases, the vast majority of those living on one dollar a day or less within Africa are only captured by the market and government to a limited extent, and instead many rely on solving their problems ‘outside the system’ (Hyden, 2007: 16751). The inadequacy of these conventional policy models can be seen through the myriad of social policy documents on the right to food in South Africa which have had a limited positive impact on levels of poverty, mal- and under nutrition experienced by a significant portion of South Africans on a daily basis. In light of this, strategies for poverty reduction that are designed to be implemented through formal institutions are often ineffective and do little to combat poverty on the ground or bring lasting change to the individuals and families affected by poverty. In many countries and contexts across the world, poverty reduction strategies focus heavily on both the state and the market to bring about change. However, in most instances in Africa, those working to reduce poverty or those studying poverty fail to acknowledge or account for the social and economic conditions and anomalies within Africa, and particularly Sub-Saharan Africa (Hyden, 2007: 16751). Africa’s late integration into the global economy means that it still sits in a peripheral position with a less developed state and market that is therefore unable to adequately tackle poverty alone; it is here

that non-governmental organisations come in to fill the gap. However, it must be stated that the continent of Africa still struggles with issues of weak civil society, among a number of other issues such as corruption, weak nations or states and non-developmental policies (Handley et al., 2009: 6).

There are various debates and discussions around social welfare and how this impacts on both poverty and development, with many believing that social welfare creates what they refer to as ‘dependency’ (Fraser and Gordon, 1994; Rothstein, 2001; Dean and Taylor-Gooby, 2014; Laws, 2014). Many believe that social welfare, in its various forms, causes people to begin to rely solely on the government or on non-governmental organisations to solve their problems, or ensure they have enough food or adequate shelter and so forth. It is necessary to note that not all academics agree that social welfare is inherently a bad thing and that it can be used to bring people out of the cycle of poverty quite effectively.

2.4. Sustainable Livelihood Approach

It is clear that approaches to poverty reduction and eradication have been somewhat narrow in the past, and little success has been achieved in meaningfully reducing poverty and hunger in South Africa. There are many varying theories and practices employed by both the government and civil society in South Africa. The Sustainable Livelihood approach is an approach which looks at issues of poverty more holistically than many other approaches. According to Krantz (2001: 6), the Sustainable Livelihood approach is designed to go beyond the conventional definitions and approaches to poverty eradication. Conventional definitions are often too limited in their view of causes and consequences of poverty. It is now recognised that more attention must be paid to the various factors and processes which either constrain or enhance poor people’s ability to make a living in an economically, ecologically, and socially sustainable manner. The Sustainable Livelihood approach offers the prospects of a more coherent and integrated approach to poverty and poverty reduction (Krantz, 2001: 6).

The sustainable livelihoods idea was first introduced by the Brundtland Commission on Environment and Development. It was seen as a method of linking both socio-economic as well as ecological considerations in a structure that is both cohesive, and relevant to governmental

policy. In 1992, Robert Chambers and Gordon Conway proposed the following definition of a sustainable (rural) livelihood:

A livelihood comprises the capabilities, assets (stores, resources, claims and access) and activities required for a means of living: a livelihood is sustainable which can cope with and recover from stress and shocks, maintain or enhance its capabilities and assets, and provide sustainable livelihood opportunities for the next generation; and which contributes net benefits to other livelihoods at the local and global levels and in the short and long term (Krantz, 2001:6).

Their paper went on to state that the Sustainable Livelihoods approach could serve as means to integrate policies and poverty reduction strategies to address issues of development, the sustainable management of resources, and poverty eradication concurrently (Krantz, 2001: 6). While the definition and idea proposed by Chambers and Conway focused largely on rural areas, where people are farmers or make a living through some form of food production, the approach is still applicable for more urban settings (Krantz, 2001: 7).

Applying the Sustainable Livelihood approach to poverty reduction has been done in an attempt to combat some of the more conventional approaches to poverty reduction, which have failed to take into account the complexities of poverty and the need for holistic approaches to poverty reduction. There are three main reasons that the Sustainable Livelihood approach has been applied to theories of, and strategies for, poverty reduction. The reasons for this application include:

1. The realisation that there is not necessarily an automatic relationship between economic growth and decreasing levels of poverty.
2. The realisation that poverty involves more than simply a low income, but often includes issues such as poor health, vulnerability, a lack of access to services, and so forth.
3. The fact that those in poverty are the experts on their own situations, and should therefore be involved in policy and project design processes (Krantz, 2001:11).

2.5. Civil Society and Philanthropy in Poverty Reduction

There are those scholars who believe that civil society has the potential to hold both public and private powers accountable for their actions, generate alternative ideas and policy positions, alter structures of power, and ensure combined action on issues of politics,

economics, and social relations (Ghaus-Pasha, 2004: 25; FOCAL, 2006: 5; World Economic Forum, 2013, 5). In essence, civil society organisations encompass a space in society that allows them access to those in need (in this case, those in poverty) as well as those in positions of power or authority who are able to change policy. Civil society organisations in South Africa, particularly, are well placed to not only combat poverty, but to fill the gap left by a lack of adequate policy.

While it is clear that civil society organisations (CSOs) are often participatory in nature, there is still some contention as to whether all forms of CSOs are effectively achieving their intended outcomes. Non-governmental organisations (NGOs) have been the source of heated debate in the development community. There are particular concerns around the ability of NGOs to engage in participatory development on the same scale as other CSOs (Mitlin, 2010: 388). In many cases NGOs have strict guidelines or rules to follow given to them by funder or donors and may not have the same freedoms as CSOs.

There are number of different types of civil society organisations, from clubs and grassroots organisations to non-governmental organisations. Each of these types of organisations plays a role in enhancing the lives of people in various communities. While many organisations within the civil society spectrum have been involved in charitable giving for many years, there is a new breed of organisation which is focusing their efforts on what has been called Social Justice Philanthropy. Over and above ensuring that those in need receive help, Social Justice Philanthropy aims to bring about systemic or institutional change (Shaw, 2002:4). As such, it goes beyond normal charitable giving. One of the key aims of Social Justice Philanthropy is to offer more than a simple ‘handout’. Social Justice Philanthropy, much like the Sustainable Livelihoods approach to poverty reduction, tackles the problems presented by poverty holistically. As such, more and more organisations, particularly those working in Africa, have begun to use the concept of Social Justice Philanthropy to form the basis of their organisations, whether knowingly or not.

It is clear to many organisations working in Africa that it is vital to provide aid but it is also necessary to challenge current power structures and dynamics. The move away from the charitable model has resulted because this model often reinforces existing power dynamics

between those who have and those who do not. This outdated model often focuses on specific causes that do not challenge the status quo, or on efforts that temporarily alleviate problems, without ensuring any real development. Social Justice Philanthropy, on the other hand, questions the assumptions inherent in charity (Shaw, 2002: 3).

In philanthropy that follows the conventional charitable model, the motivations of donors or benefactors are often self-interested. The benefactor is generally remote and engages in charitable activities as a means of attaining status and public prestige, or as a means to ease their conscience. Opposed to this, Social Justice Philanthropy attempts to bridge the gap between those who are classified as donors and those who are the recipients of a programme (Shaw, 2002: 3). In other words, Social Justice Philanthropy looks at various issues with a bottom-up approach rather than bringing in 'solutions' from those who are perceived to be in positions of power or authority. Social Justice Philanthropy, with tenets similar to the practice of community development, aims to involve those affected by social problems in the solutions to their own problems (Shaw, 2002: 4).

A key component of social change is the involvement of people at the local level (Pittman and Phillips, 2014). Those organisations who focus their solutions on the community, with involvement from those affected by the problem and work from the ground up have a better chance of ensuring real change, as opposed to temporarily stemming an issue. Successful organisations ensure a bottom-up vision of economic justice and participatory democracy (Shaw, 2002:4). Underpinning the concept of Social Justice Philanthropy is the idea that everyone can be a philanthropist (Shaw, 2002:6). This notion is vital to ensuring real social change as it develops effective community leaders at the local level and forges vital partnerships between those in communities or areas that need help and those who may have resources that the community does not have.

Fundamental to Social Justice Philanthropy is the belief that effective and lasting community development can only take place if true participation occurs, in other words, when those affected are intimately involved in determining the allocation of resources meant to help them (Shaw, 2002:6). Traditions of Social Justice Philanthropy are often faith-based, as such, social justice is often a tradition in these communities, where congregations constitute a more

democratic source of money, where those who give their money often have a say, whether small or large, in the way in which the money given is spent. However, those involved in social justice from a faith-based perspective may still attempt to bring change through the traditional view of charitable giving, separating themselves from those who are in need and simply offering donations rather than linking with those in the areas they are wanting to help.

As opposed to the traditional model of charitable giving, Social Justice Philanthropy is centred on the principles of empowerment, equal participation, and institutional change. There are certain core values that define Social Justice Philanthropy and differentiate it from other forms of charity or philanthropy. At its core, Social Justice Philanthropy:

- Mobilises all participants;
- Appeals to a set of core values and beliefs;
- Advocates for equal distribution of resources;
- Works for change that benefits those in need; and
- Promotes change regardless of social, political, and cultural differences (Shaw 2002: 7)

As previously mentioned, Social Justice Philanthropy, while different from traditional charitable giving, still has to contend with traditional power relationships. Often, donors or benefactors are, not necessarily by choice, part of a relationship that comes with an undeniable history of exploitation and oppression, which brings with it its own set of issues and dynamics (Shaw, 2002: 9). This is particularly true for South Africa, where funding is received not only from developed countries (Shaw, 2002: 9), but from apartheid era foundations and those run by individuals who hold power because of apartheid era policies or practices. As such, part of the work of Social Justice Philanthropy is to include formal mechanisms to counteract this power dynamic. These mechanisms include encouraging the input of communities into the decision-making structure in various ways, for example having a representative on the board of trustees of organisations or advisory bodies which consult with the organisation in decision-making processes (Shaw, 2002: 10).

Ensuring that civil society organisations, particularly non-governmental organisations

operating in various communities use or mould their organisations on the principles of Social Justice Philanthropy is important in ensuring change that is both lasting and relevant to those in the community. Civil society has a vital role to play in combating poverty in South Africa; in order to do this, there needs to be diverse and open decision-making structures in place which rely on the input of those affected by poverty.

2.6. Conclusion

This chapter provided a broad understanding of the various dimensions and approaches to understanding poverty, hunger, and the role of civil society organisations in combating poverty. It is clear that the issue of poverty is not unidimensional. In order for any country, government or organisation to bring about lasting change, whether at local or international level, there needs to be a holistic approach which encompasses all factors that contribute toward perpetuating poverty. Within the South African context, it is clear that participatory development is important to ensure programming that is contextually relevant and sustainable. Approaches to poverty reduction which may work in developed countries, or those which do not face the same challenges as South Africa, may not work here, and it is therefore vital for organisations to have clear approaches to poverty reduction and to understand the context in which they are operating before they implement any programs.

Chapter Three: Research Methodology

3.1. Introduction

Programmes to reduce poverty are, as with many other social welfare type programmes, often replicated from programmes in other areas of the world. This study is important in understanding the issues specific to not only the Durban context of poverty alleviation but also the context of South Africa at large. The Livelihood Strategies approach to poverty alleviation offers a holistic approach to poverty reduction and is a useful theoretical approach to understanding poverty in this context, as well as understanding how poverty reduction strategies need to be altered in order to best suit those individuals and families in this specific context.

3.2. Research Design and Approach

This study uses survey and interview data, gathered by the researcher, to examine and understand the impacts of a food parcel programme in KwaDabeka, Durban, on the lives of those individuals receiving food parcels. The study aims to use the data collected to make recommendations to the organisation running the programme on how to run it in order to achieve profound developmental outcomes. The study allows other organisations running similar programmes across South Africa to understand some of the experiences of people involved in poverty relief programmes, particularly those receiving the food parcels. The study also shows some of the challenges faced by the organisation, as well as ways the organisation can alter their programme to ensure that it does not create an unsustainable level of dependency amongst its recipients.

The study is purely qualitative in nature and uses a constructivist approach. The constructivist approach attempts to seek out knowledge that is interpreted from various, equally valid realities (Guba and Lincoln, 2005: 193). By using this approach, I was able to discover and record the different realities of those individuals living in KwaDabeka and participating in this food parcel programme. Although the study participants all come from the same geographical area, it would be remiss to assume that their experiences are all the same. It is important to understand all the different experiences in order to understand the larger picture, and ultimately to gauge the benefit and relevance of the food parcel programme as a whole.

3.3. Sampling Process and Techniques

The KwaDabeka food parcel programme is a useful case study in understanding approaches to poverty reduction used by civil society organisations, as well as the successes and failures of these approaches. In order to fully capture and understand the approach, as well as successes and failures, purposive sampling was used to identify key individuals who were involved in the implementation of the programme. Approaching these individuals allowed the researcher to better understand the intended outcomes of the food parcel programme. The key individuals include the executive director of CAST, the previous manager of the relief services department, and the head of the social work and counselling department at CAST. The recipients of the food parcels were selected for this study using a purposive sampling approach, having been identified through CAST as recipients who would have been involved in the programmes for various lengths of time; they were then given the opportunity to volunteer to participate in the study. Purposive sampling was used to ensure the study gained credibility in ensuring there was limited bias in the selection of participants (Palys, 2008: 697).

Semi-structured interviews were conducted with a number of key individuals that were identified as being important players in the implementation for the food parcel programme in KwaDabeka. All interviews were recorded with the permission of the participants. The interviews were transcribed after they were conducted, using the aforementioned recording. These interviews were necessary in gathering information about the nature and everyday operations of the food parcel programme, the aims and outcomes of the programme, and how the organisation uses the programme to reduce the prevalence of poverty in KwaDabeka.

Thirty-two individuals, who are recipients of the food parcels programme, were given a short questionnaire on their background and experiences with regard to the food parcel programme. In light of the fact that the food parcel recipients receiving the parcels are all Zulu individuals, the questionnaire was translated into isiZulu and facilitated with the help of an isiZulu speaking individual from KwaDabeka, who is familiar with both the organisation and the community of KwaDabeka.

Data collection was done through primary sources including interviews, and questionnaires. This primary data was collected through a series of semi-structured, face-to-

face interviews. These interviews, as previously stated, were conducted with those individuals involved in the implementation of the food parcel programme. In addition, a questionnaire, translated into isiZulu, was completed by 32 recipients of food parcels, in the KwaDabeka area.

3.4. Data Analysis

The data collected was analysed using thematic analysis. By using thematic analysis, the researcher was able to identify key areas that are negatively impacting the programme, as well as key areas where the programme is accomplishing its goals. The inductive approach was central to the analysis, where through my interactions and interviews, meaning and knowledge about the programme and its impact, emerged. Throughout the study, understanding and meaning was an active and constructive process created by the interaction between myself, as the researcher, and the respondents. Analysis of the interviews conducted focused on discourse, aiming to broaden the understanding of the programme by identifying voices, opinions and potential patterns. Data collected through the questionnaire filled out by food parcel recipients, as well as through the in-depth interviews, is therefore vitally important in garnering information on the recipients' own experiences.

3.5. Ethical Considerations

The concept of informed consent, as well as the interview process was discussed with each informant before the start of the interview. Each of those key individuals who were interviewed signed consent forms agreeing to be interviewed and recorded. Before beginning the interviews, key informants were given an explanation on the purpose of the research and what it aimed to achieve.

In order to ensure voluntary participation in the study, all of the individuals currently registered in the food parcel programme were invited to participate through a notice that was posted on the wall where they regularly meet; those wanting to participate put their names on the list. It was made clear to the participants that nothing they said during the study would result in the loss of their food parcel. All those food parcel recipients participating in the study were given informed consent forms, written in English, but explained extensively in isiZulu. The identity of those food parcel recipients participating in in-depth interviews has been protected

through the use of pseudonyms whenever their words or experiences have been included in this paper.

3.6. Reliability and Validity

Within the constructivist paradigmatic framework, it is understood that the researcher's values may influence both the research process and analysis, and that the knowledge that emerges is influenced, in part, through the researcher's interactions with the interviewees. At the same time, key informants bring with them preconceived ideas and may have bias depending on the relationship and involvement with the organisation and the food parcel programme in KwaDabeka. Although only a relatively small number of respondents were interviewed in detail, these were key individuals who were heavily involved throughout the food parcel programme and provided in-depth and invaluable insight into the operational aspects and aims behind the programmes, as well as the desired outcomes of the project.

This dissertation is specific to this particular food parcel programme and will not produce results which can be generalised. However, it does provide an understanding of how these types of programmes aid or support individuals, and can offer insight to both the organisation and others like it, particularly how to ensure that their programmes are truly developmental, and a means to reduce poverty rather than to simply stem the effects of poverty.

3.7. Limitations of Research

There are a number of limitations to the research which need to be acknowledged. The food parcel programme has been running for many years, and because of this there are individuals who were involved in the implementation of the programme who are no longer employed by the organisation and were not available to be interviewed. This may limit the understanding of the motivations behind some of the methods and approaches employed by the organisation and the programme in particular. With regards to the questionnaires administered to the programme recipients, although these were given out in isiZulu and facilitated with the help of bilingual individual, there is still the possibility that miscommunication could have occurred and answers that were recorded were not what those individuals had wished to say.

The research conducted is case study specific and cannot be generalised. However, there are still lessons which can be learnt from the experiences of both those receiving food parcels as well as those involved in the implementation of the programme, which can be used by other organisations in evaluating the effectiveness of their own programmes.

3.8. Conclusion

The aim of this dissertation is to better understand the experiences of individuals receiving food parcels in KwaDabeka by looking at a programme currently run by an NGO in the area, as well as to understand ways in which the organisation may be failing to deliver developmental programming that brings about lasting change. In order to answer these questions, I have reviewed the Sustainable Livelihood approach to poverty and looked at some of the ways NGOs approach poverty reduction in planning and implementing programmes. Over and above this, I have collected primary data through interviewing those individuals involved in both the planning and implementation, and the receiving ends of the programme. This chapter outlined the methodology used in this dissertation and included research design and approach, sampling process and techniques, data analysis, ethical considerations, issues of reliability and validity, and possible limitations to the research.

Chapter Four: Findings and Interpretations

4.1. Introduction

This chapter presents the findings on the food parcel programme in KwaDabeka, and seeks to better understand the experiences of those involved in the programme. All key informants interviewed were directly involved in the implementation of the food parcel programme, either in the past or presently. The key informants consented to the use of their names, and their relationship to the programme. Those food parcel recipients who were interviewed or who were given a questionnaire consented to participating in the study and have had their anonymity protected – if they are referenced individually, they are referred to by pseudonyms.

The aim of this study is to better understand the experiences of those individuals receiving food parcels, and to consider how the programme measures up to its intended outcomes, as outlined in the organisation's documentation and stated by the various key informants who were interviewed.

The data collected on the food parcel programme in KwaDabeka unveiled several key issues with the design of the programme, when measured against the intended outcomes. These issues include the sustainability of the programme itself, a lack of knowledge about and communication with the programme participants, as well as a failure to deliver on the stated intended outcomes of the programme. This chapter will delve into these issues in order to better understand the lived experiences of the food parcel recipients.

4.2. Demographics of Food Parcel Recipients

In order to fully understand the experiences of those individuals receiving food parcels, it is valuable to consider the demographics of the group. The graphs below show the variance in age, household sizes, and education levels, and offers insight into the background of those receiving food parcels.

Figure 1 illustrates the variation in ages of those individuals receiving food parcels. A significant portion of recipients are older than 55 years of age, 12 recipients in total, with the

remainder, spread relatively equally between the ages of 26 and 55. This would seem to indicate that the majority of the food parcel recipients who participated in the study are at an age when they would still be able to find work (assuming there is both available work and they have the necessary skills needed for this work). It therefore becomes important to understand why these individuals and their families find themselves in a situation where they require the food parcel in order to meet or at least come closer to meeting their necessary dietary intake each month.

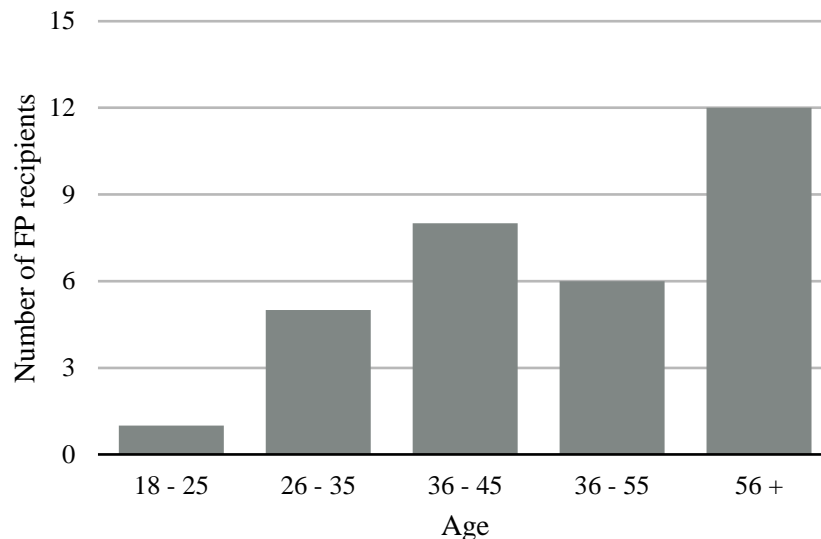


Figure 1: Age of FP recipients

Figure 2 below, shows the household sizes of the food parcel recipients. It is clear that a significant portion of the food parcel recipients come from larger households, with 21 households having five or more members in them. This is an important fact to note in an attempt to understand the reasons why these families find themselves in their current situation in which they need to receive food parcels. Although we should consider household size in order to better understand the lived experiences of those individuals receiving food parcels, it is important to remember that the high number of large households may be present in the data for a number of different reasons. The prevalence of larger households within the food parcel programme may be an indication that larger families generally find it more difficult to provide for their basic needs. However, it is important to note that because of the nature of poverty, those who find themselves living in poverty, by and large, have more children due to a lack of access to things such as sex education and family planning services (Zosa-Fernil et al., 2009: 15). Alternatively, the larger household sizes may be due to the fact that, in many cases, a larger family insulated

the household by bringing in more income and is, in a manner of speaking, a form of social security when parents age.

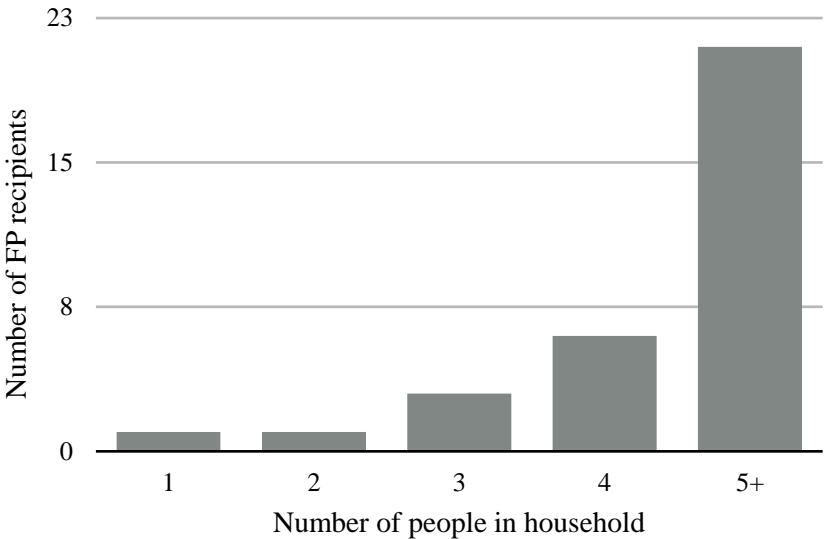


Figure 2: Household Size

Finally, education levels are often important to note when looking at and attempting to understand an individual’s experience and relationship to poverty. Education levels are often an indicator of a person’s expected income (Keller, 2010: 53), therefore considering the education levels of the food parcel recipients goes towards helping us to better understand their low household income levels. In order to be placed onto the food parcel programme, a household’s income needs to be below a certain threshold. This threshold, however, has not been officially documented by the organisation and in fact has changed from year to year, as well as from community to community. As Figure 3 below indicates, more than half of the study respondents indicated that their education level is grade nine or below. Furthermore, only three respondents indicated either permanent or temporary employment. If the education level data is coupled with the data on the unemployment rates of the study respondents, it gives us cause to consider whether the lack of employment is due to a lack of education and skills required to gain any available employment there may be.

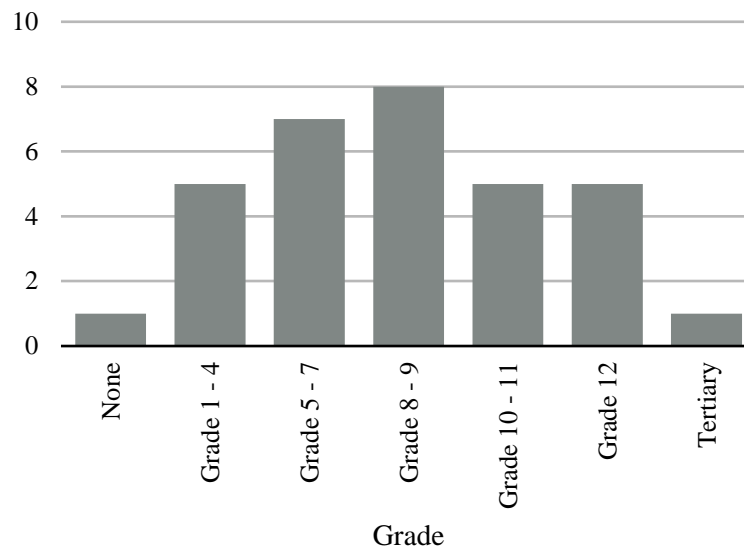


Figure 3: Education Levels

Ultimately, although the demographics of the food parcel recipients cannot, in and of itself, reveal to us the many varied and in-depth experiences they have, they do allow us to better understand the group, and informs our understanding and interpretations of the data collected.

4.3. The Role of the Organisation in Moving People out of Poverty

Aim of the Programme

The stated aim of the food parcel programme, and in fact the organisation as a whole, is to move people out of poverty. However, while this is the aim of the programme, the organisation has not defined poverty, or what ‘not being in poverty’ looks like from their point of view, which makes it difficult for both the organisation and myself to ascertain whether or not a food parcel recipient has moved out of poverty or not, or how close they are to moving out of poverty.

Beyond the fact that there are issues with regard to the official aim of the programme, there is also some disparity between the various key informants on what they believe the aim or motivation behind the programme is, as well as their understanding of the aim and what the organisation’s documentation states as the aim or goal of the programme. This is clear when

we consider the responses from various key informants. Knighton-Fitt (interview, 11/02/2016) stated that although he was unsure of the official aim of the programme, he stated that:

What the programme should do is become a starting point for a developmental relationship (...) we want to minimise unhealthy dependence and use food as an entry point, a foot in the door into the family, it creates a space for relationship and for an agreement between the household and the organisation or the church or whatever, that they're going to embark on a developmental process.

Whilst Engelbrecht (interview, 11/02/2016) stated that,

...the goals are to get them on the food parcel program and meet their immediate need. But then to actually let them go through all the CAST empowerment projects so that a year down the line they are no longer on the food parcel.

Pepper mentioned that the aim of the programme had evolved over time. She stated that it began as simply being about providing food to those in need, in other words meeting an immediate need, to helping those people that need food from a medication point of view (for example those who need to take ARVs and need to do so on a full stomach). She also stated that the food parcels were meant to give a person a foot up while they are waiting for services and access to services like grants (interview with Pepper, 17/02/2016).

The apparent confusion with regard to the aim of the programme is a serious issue as it directly affects not only the way the programme is implemented but it will also affect the process of determining what types of monitoring and evaluation methods and tools the organisation employs in measuring their progress towards the attainment of their aim. As previously stated, although documentation surrounding the food parcel programme states that its aim is to move people out of poverty, three of the key individuals involved in both the founding as well as current implementation of the programme were unable to state the documented aim of the programme when asked. Rather, when asked, it is clear that each gave a different account of what they believed to be the aim of the programmes. Notwithstanding the fact that none of these aims are necessarily bad things to work towards, they do not align with the stated aim of the programme as thus we can begin to see the first of a number of issues with the programme and the manner in which the organisation manages it.

Integration of Programmes

One of the ways in which the organisation attempts to enable recipients to no longer require the food parcel, is to link them to and help them through one of the other programmes the organisation offers (interview with Engelbrecht, 11/02/2016). The assumption made by the organisation is that the food parcels act as a sort of entry point, a foot in the door, for the organisation to be able to get to know the family of the food parcel recipients and understand why they are in poverty, and thus what interventions need to happen in order for the family to move out of poverty. The organisation positions its other programmes to aid in these interventions. As such, there are various programmes offered by the organisation, each with a different intended outcome. These include Youth Development, Business Development, Counselling, and Educational Support. The aim of linking food parcel recipients to other programmes is to offer them either skills (Business Development) or mechanisms with which to cope or problem solve (Counselling and Youth Development). The organisation believes that the food parcel recipients will then be able to use the various skills or networks they have acquired through these other programmes to increase their household income so that they no longer fall into the category of households who qualify for food parcels.

However, it is evident, when we consider the data collected, that the organisation is not successfully referring food parcel recipients to other programmes. Only four of the 32 respondents have received help from the organisation above and beyond the food parcel, and of these four, only one respondent has received help from a department other than the one that facilitates the food parcel programme. The desire for an integration of the organisation's programmes exists, but this desire has not as yet translated into actual operational crossover, and as such, the food parcel recipients have been unable to benefit from the other programmes. Although each of the key respondents spoke about the integration of programmes and the desire on the part of the organisation to offer the organisation's other programmes to food parcel recipients, there is no formal documentation or plan that has been laid out to expound how this integration is achieved and what processes to follow.

4.4. Impact of the Food Parcels

The ultimate impact of the food parcels on the lives of those who receive them is difficult to measure. However, in an attempt to gain at least some understanding of the food parcel's

impact, the study respondents were asked a number of different questions which alluded to how (if at all) their lives were different when they were on the programme, compared to when they were not.

A Better Life

All five of the food parcel recipients who participated in in-depth interviews stated that their lives were significantly better now than they had been five years ago, and although they stated that there are a number of reasons for this, each of the five respondents included in their answers that being on the food parcel programme was part of the reason their lives were better than they had been five years before. For many, the knowledge that no matter what, they could rely on receiving the food parcel each month, was a key determinant in their sense of having a better life than in previous years. This knowledge assured them that life was better, that the income that came into the household from grants or temporary work would go further in helping their family because of the extra food that comes into the household via the food parcel each month. Commenting on whether or not her life was better now than it had been five years ago, Nothando said that, “Life is better” because she now has hope as a result of getting the food parcel.

It is apparent that beyond the actual food, receiving the food parcel seems to have given the recipients a sense of restored hope. Many of the respondents reported that if, for some reason, they were to no longer receiving the food parcel, that although life would be more difficult they would manage to survive and have hope that they could make ends meet. Thandokazi, when asked what would happen if she were to stop receiving the food parcel, stated that, “It would be hard but I would trust God as a provider”.

Survival

According to the recipients, the food parcels are significant in ensuring their families continued survival every month. All the recipients indicated that without the food parcel their families would not ‘survive’. However, when asked what would happen if they no longer received the food parcel, those recipients who participated in more in-depth interviews noted that the food parcels were not necessarily a matter of survival, but that their lives would be significantly more difficult if the food parcel programme were to cease operating. Lufuno noted

that, “It would make life difficult and I really enjoy getting the food parcel”, whilst one of the other respondents, Nothando, said that although it was not a matter of life and death, without the food parcel, “Life would be very hard”. This disparity in the responses most likely indicates that, even though the study assured the anonymity of those recipients who participated, they felt that if they answered that the food parcel was not necessary for their survival, it may jeopardise their chances of receiving food under the programme.

Food Parcels According Extra Time for Other Activities

Another valuable point to note is that 28 of the 32 recipients who completed the questionnaire, indicated that receiving the food parcel allowed them to spend time on other needs. This is arguably one of the more valuable impacts of the programme. Although there is little evidence on what this extra time is spent on, in theory, it would allow the food parcel recipients to spend time on other activities essential to their household’s survival. These activities would include things such as clinic visits, social service visits (registering for grants and so forth), working in their vegetable garden, among other things.

Social Impacts

Beyond the simple economic and dietary impact of the food parcel, the programme also has other social impacts on the individuals receiving the food parcels and their families. In order to receive the food parcel, the recipients attend what the organisation refers to as a ‘ministry day’. Those on the programme come together for a few hours to share tea and coffee, and pray and sing together, as well as discuss any issues they have, either as a group or one-on-one with one of the volunteers at the community centre (interview with Knighton-Fitt, 11/02/2016; interview with Engelbrecht, 11/02/2016). In light of the fact that living in poverty does not only affect an individual economically but emotionally or mentally as well (Kim et al., 2013, 18442; Haushofer and Fehr, 2014: 864), meeting together like this offers the opportunity for the recipients to connect with one another and share stories, allowing them to feel like they are not alone in their predicament; it also allows them to solve their problems together and gives them the option to turn to the organisation – which has more resources available than they do – in order to solve problems they cannot on their own.

Added to the social benefits of meeting together and sharing stories, the organisation also helps food parcel recipients with a number of practical issues that impact their everyday lives (from an economic standpoint and otherwise). Examples of these were referred to by Pepper (interview 11/02/2016) as being things such as applying for a school fee exemption and writing letters on behalf of the family requesting help in obtaining ID books or social grants that they have been unable to secure on their own. The organisation facilitates access to social work services for the food parcel recipients that would have otherwise been available, or at the very least, only partially or infrequently available.

It is difficult to quantify what these social impacts do for the families in the same way that increased household income can be measured. However, the difficulty in measuring these impacts should not preclude their value, and the impact speaks to the success of the organisation in focusing, as they had aimed, on the problem of poverty holistically, rather than focus on the economics of poverty alone.

Sustainable Livelihoods

In considering the Sustainable Livelihood approach to poverty reduction, the organisation holds, at its core, the desire to equip families with the necessary resources, either in the long term or short term, so that they are able to manage unexpected stresses on the household's resources (Interview with Knighton-Fitt, 11/02/2016). The food parcels are used by the organisation as a means of resourcing households in the short term, whilst in the long term the organisation attempts to equip those on its programme with the necessary skills and knowledge to both be able to deal with the inevitable shocks or stresses to their current resource base, as well as to increase this resource base so that they have a big margin on which to rely. The organisation is incredibly successful at helping those in its food parcel programme in the short term, whilst its other programmes cater well to various individuals and help them, in the long term, to increase their resources. However, as previously stated, the integration of food parcel recipients into the other programmes is very low and so many only experience the short-term impacts of receiving a food parcel, albeit, for a number of years.

Considering the responses of a number of the food parcel recipients, who requested that the food parcels be distributed more frequently, it is clear that the aim of using the food parcel

as a way of alleviating the burden of having to buy food from those families involved, is not working as a means to lift the families out of poverty. Rather than enabling the families to focus on uplifting themselves, instead of having to struggle to simply provide for themselves, the food parcels are becoming a crutch, something the families have begun to rely too heavily on in their everyday lives. In order for the organisation to help enable those on the programme to achieve sustainable livelihoods, it is important that these parcels do not become intrinsic to the survival of the families on the programme, but instead remain a short-term response that allows the organisation and the food parcel recipients to work together to move the families out of poverty, permanently.

4.5. Intended versus Actual Outcomes

As was previously stated, there is a desire on the part of the organisation to holistically help those on the food parcel programme by offering other programmes over and above the food parcel programme. Although this is their intention, the reality on the ground is that the recipients of the food parcel programme are not being adequately integrated into these programmes and that instead, other individuals in the community are participating in these programmes meant for the food parcel recipients. As we saw earlier, only four of the study respondents have been involved in other programmes offered by the organisation. In light of this, it is clear that the intended outcomes and the actual outcomes are vastly different. This disparity between the intended and actual outcomes implies that the organisation ought to place more of their energies into establishing clear linkages between the various programmes that enable the food parcel recipients to participate further.

Reliance on Food Parcels and Grants

The data shows a clear reliance on both the food parcels, as well as income from social grants for a significant portion of the study participants. As previously stated, all 32 respondents rely on the food parcel for their household's survival every month, of these 24 respondents receive social grants, in various sizes, from the government. Because many of the recipients are without formal income, the social grants make up the bulk of their household's income, and rather than being spent directly on the children they are destined for, they are spread between each member, to provide for a myriad of things, from food and electricity, to clothing and transport costs. As evidence of this, Nothando stated that she receives the money for four grants

and has temporary work doing washing for people, but when she was asked whether or not this brings in enough money for the household she said that, “It is not enough money as most of the money goes on electricity because I can’t afford to change it to the card system”.

The knowledge that without needing any specific skills or maintaining a job (and the invariable costs that this entails) there will always be at least some money and some food, allows these families at the very least, some sense of security from month-to-month. At the same time, it is important to consider whether or not this security enables the families the freedom to search for jobs or risk opening a business, or lulls them into a sense of security that prevents them from attempting to improve their lives further.

Raising Household Income Levels

According to the data, the organisation pegs the poverty of its food parcel recipients on their household income. Knighton-Fitt (interview, 11/02/2016) stated that historically the organisation has accepted households into the programme whose combined household income fell below the poverty line, which Knighton-Fitt stated the organisation pegged at R200 per person in the household, per month, at that time. It should be noted that there is much debate around the poverty line, with many scholars using upper and lower bound poverty measures. Currently the generally accepted poverty line used by The World Bank in their analysis is \$1.25 and \$2.50, measuring lower and upper poverty levels, respectively (Fosu, 2014: 45).

A particular goal of the programme is to increase household income levels to a point where the family no longer falls below the poverty line, and therefore no longer requires the food parcel. The manner in which this is meant to be achieved is through integrating the food parcel recipients’ families into the other programmes offered by the organisation, to either increase their income levels directly (employment or income from a business), or indirectly (by shifting “poverty mind-sets”, as mentioned by Knighton-Fitt [interview, 11/02/2016]). However, as previously stated, there is very little integration of programmes and therefore food parcel recipients are not benefitting from the other programmes on offer. Although the organisation is helping certain people in the community increase their income quite substantially, there is no evidence of an increase in household income within the food parcel programme through programmes such as Business Development. Instead, what increases in

household income levels the food parcel recipients have experienced, is due, at least in part, to the organisation helping recipients in their efforts to secure social grants.

4.6. Programmatic Design Concerns

First Assessments

There are number of issues with the design of the food parcel programme as a whole which have resulted in it achieving only minor success in moving people out of poverty. One such example is the manner in which the organisation assesses households when determining a family's eligibility for the programme. An example of the assessment form used by the organisation can be found in appendix one. The assessment form that is used is not an adequate means to determine the various vulnerability factors and indicators in the lives of those potential recipients and as a result, the organisation does not have enough information (or enough of the right information) on those individuals and households who are on the programme. This lack of adequate information prevents the organisation from taking specific, measured steps to tackling poverty in each family, above and beyond the actual food parcel.

Over and above the fact that the assessment form does not garner enough of the right information, there is also no standard employed by the organisation in determining what qualifies a household to receive a food parcel and what does not. Although every potential recipient completes the same form, there are no clear determinants on when a household qualifies or not, which leaves the decision to place an individual on to the programme up to any employees within the organisation who oversee the programme. Not only is this an issue because what qualifies a household on one day may change in the mind of the employees from day to day, but if staffing changes occur there is no method for the new employee to understand what determined a household's placement onto the programme, and therefore, what should determine a household's placement on to the programme in the future.



Figure 2 Picture showing the delivery of food parcels

(interview with Knighton-Fitt, 11/02/2016). However, the organisation is severely under-resourced in terms of social workers (Pepper, 11/02/2016) and therefore cannot conduct visits as frequently as their policy states they should. As previously stated, fundamental to Social Justice Philanthropy is the belief that effective and lasting development can only take place if true participation occurs (Shaw, 2002:6). By observing the manner in which the organisation interacts with those involved in the programme, it is clear that while they know this in theory, they have lost this in practice. If the organisation seeks to ensure a lasting change in the lives



Figure 1 Picture showing the delivery of food parcels

Beyond the issues with the assessment form itself, in many instances, the completion of the first assessment process is the first and last time the organisation interacts with the food parcel recipients in any meaningful way. Once an assessment form is completed, a social worker or community worker conducts a home visit with the family (interview with Engelbrecht, 11/02/2016), in order to ascertain the level of truthfulness contained within the assessment form. These visits are then meant to happen on a recurring basis, every six to 12 months in order to work with the family and counsel them through any deeper issues of those they work with, it is important that they actively seek to develop meaningful relationship with those on the programme, this is will in turn ensure that those receiving food parcel are actively participating in their journey's out of poverty, and that the organisation is able to offer hand-ups rather than simply hand-outs.

Further, although each recipient must attend 'ministry' day, where all the recipients meet together and the parcels are distributed, it is clear from the interviews conducted with the



Figure 3 Picture showing the collection of food parcels

key informants that there is little interaction beyond the food parcel being handed over, and the supposed crossover between the various programmes offered by the organisation does not manifest itself in the lives of these food parcel recipients. The photographs show the food parcels being delivered by the organisation

and collected by the recipients. On this occasion, those collecting food parcels sat waiting for everyone to arrive, once a large enough group had gathered they sang some songs and listened to a short message from the Bible. Beyond this interaction, there was no discussion around their lives or immediate needs, and no one facilitated the discussion, or invited people to break into smaller groups to determine if there were any issues the recipients wanted to discuss that they were uncomfortable speaking about in a larger group. This gathering is indicative of the level of interaction those implementing the programme have with its recipients.

Communication and Collaboration

There is a spirit of communication and collaboration hinted at by the organisation, with the food parcel contents being determined with the help of community input a number of years ago (interview with Knighton-Fitt, 11/02/2006), however, when the study respondents completed the questionnaire they took it upon themselves to mention the issues they had with the food parcel. Many did not like the brand of maize meal they received and asked for things like sugar and tea to be included in the food parcel. One of the recipients said, “I really appreciate the food parcel...and I love it even though it is not lasting a month. It would be much better if we could receive it twice a month, especially with sugar, milk and salt.” Another respondent also spoke about the food parcel contents. She stated that, “We need other maize meal, it doesn't cook well. And can you change it to sugar”. Their desire to communicate their issues to a third party speaks to the possible lack of two-way communication between the organisation and the recipients, leaving the recipients with a sense of not being heard and a desire to use any means available to them to raise whatever issues or concerns they may have.

The Social Justice Philanthropy approach to poverty reductions acknowledges that most often those that best understand both the cause and solution to poverty are those who are in it.

As such, Social Justice Philanthropy advocates for a bottom-up approach to poverty reduction (Shaw, 2002: 4), rather than focusing on ‘solutions’ developed by those who are not directly affected by the problem. If CAST were serious about approaching the issue of poverty in KwaDabeka from a Social Justice Philanthropy stand-point, the level of communication between those involved in their programme and those implementing the programme would be far greater. Acknowledging that those receiving food parcels better understand their own situations would enable CAST to help them more effectively and in a more holistic manner.

Growth of the Programme

As with any organisation, CAST’s desire is to grow beyond the current programmes and areas in which they work (interview with Knighton-Fitt, interview 11/02/2016). Knighton-Fitt spoke in length about the programme’s plan to spread nation-wide, both in the past (which did not work out) and in the future. Whilst there is the desire to increase the services already offered, there is a difficulty within the organisation in deciding not only how best to implement their current programmes, but also how these programmes should grow.

Key to the organisation’s methodology is working from the ground up with the participation of the community, as well as local leaders and local churches. In this same vein, the organisation acknowledges that what may work in one community may not work in another (interview with Knighton-Fitt, 11/02/2016). However, juxtaposed to this is the organisation’s acknowledgement that in order for them to replicate their programmes across Durban and South Africa, they aim for a one size fits all solution as far as is possible (interview with Knighton-Fitt, 11/02/2016). Unfortunately, because of the nature of development work, those involved in implementing programmes in various communities are constantly trying to navigate between the idea that every community has its own unique issues and therefore unique solutions, and the knowledge that in order to make a difference on a more expansive scale, programmes or policies need to cater to a much broader audience, and so in essence, need to be applicable in a number of different contexts, for a number of different groups. Although the organisation understands the need to move away from offering hand-outs, and work towards a social justice philanthropy model, where the aim is to bring about systemic or institutional change (Shaw, 2002:4), it is clear that their intentions and their actions do not often match.

4.7. Food Security and Dependency

Food Security

Although there is little to no monitoring and evaluation conducted by the organisation, a key measure of the success of the food parcel programme, from the study's point of view, is whether or not a household on the food parcel programme is moving towards being classified as food secure, in other words, if the household has access to sufficient food in order to be classified as food secure. In order to better understand the level of food security of each household, the study looked, in part, at the current degree of food security of the food parcel recipients, and how much of this sense of security came from receiving the food parcel. As evidenced previously, all of the respondents stated that the food parcel was necessary to their survival every month, however, the study also aimed to understand in what other ways the household worked towards becoming food secure. Owing to the fact that subsistence farming plays an important role in Africa, one of the questions put to the respondents was whether or not they had a vegetable garden on their property. Of the 32 respondents, 14 stated that they had a vegetable garden, while 18 did not. However, it is important to note that these 14 vegetable gardens are not necessarily operating at optimum capacity, or even producing food on a regular basis. When pushed further, some of the respondents admitted that their vegetable gardens remained in a relative state of disuse for various reasons. These ranged from not having money for seeds or seedlings, or being unable to work in the garden because of their health and having no one else in their household who was willing to work in the garden. One of the respondents, Thandile, stated that, "it was helpful to get food from her vegetable garden but that the goats and chickens come and eat the veggies" and so she has left it unused for some time. Many of the other respondents had similar stories; Nothando and Thandokazi both stated that they could not afford to purchase seeds but that if they could they would grow their own vegetables. Although the food parcel recipients who participated in the in-depth interviews each gave their own reasons as to why their vegetable garden remain uncultivated, it could also be argued that many of these gardens have fallen into disuse because the food parcel programme offers the recipients a guaranteed portion of food, without work or the need for capital; in contrast, the vegetable garden requires physical labour and 'spare' money and the yields are not guaranteed.

Dependency

Although dependency is often considered to be an issue in the world of development, with those who oppose the notion of social welfare stating that these types of programmes increase people's dependency on the state and allows people to neglect certain responsibilities, such as seeking and gaining employment, because ultimately, they can rely on the state to take care of their needs. However, beyond the notion of whether social welfare programmes do indeed cause dependency or not, Knighton-Fitt stated that even if the food parcel programme did cause dependency, that he believed this is not always a bad thing (interview with Knighton-Fitt, 11/02/2016); Knighton-Fitt went on to say that, "we're all dependent; we're dependent on our salaries, we're dependent on our houses, we're dependent on water and electricity, what have you, dependency is part of life".

Whether or not we believe that dependency is a good or bad thing, it is clear that those individuals receiving food parcels have become dependent, at least to a certain degree, on the contents of the food parcels for their households' continued survival. One of the respondents, Noluthando, when asked if it would be hard to survive every month without the food parcel, stated that they would struggle because they are now used to getting the food parcel. The short excerpt below reflects Thandeka's views on the matter:

The food parcel does help me a lot, especially for my family because they get food to survive and have strength to go to school, it does help because I don't use money to buy more food at the shop, but we will appreciate it if we could get milk, teabags and sugar (Thandeka, aged 27)

Another respondent, Thandile, when asked what would happen to her family if she were to no longer receive the food parcels stated, very simply, "I will die of hunger".

Instead of acting as the intended foot up, the food parcel has begun to perform the duties of a crutch to the recipients – it does not make up their family's entire dietary intake every month but without it, their household would find themselves in a far worse situation.

4.8. Conclusion

The study set out to understand the experiences of those individuals receiving food parcels in KwaDabeka. There were a number of questions that gave the study a more focused

approach. The study looked at the impact that a food parcel had on the well-being of each family every month, whether it allowed them to better themselves in different ways, and to what extent the family relied on the parcel each month. The study also looked at what degree the families receiving food parcels relied on the food parcel for their dietary needs and whether or not there were other types of assistance available to the families. Finally, the study looked at the level of dependency created by the programme and what development benefits the families were able to derive, either directly or indirectly, due to the food parcel.

In answering each of these questions, the study has gained insight into the lived experiences of those receiving food parcels, as well as an understanding of why their experiences looked the way they did. By better understanding these experiences, the organisation can alter their programme in order for it to become more effective in achieving its goal of moving people out of poverty.

Chapter Five: Discussion, Recommendations, and Conclusion

5.1. Introduction

In embarking on the journey to better understand the experiences of those individuals who receive food parcels in KwaDabeka, the study looked at a number of different factors which have the power to influence the experience of the recipients. These factors include those individuals who work for CAST and are involved in the implementation the programme, the design of the programme and whether or not it achieves its intended aim, and the extent of the recipient's involvement in the programme.

The study found that although the food parcels were meaningful for the families' continued survival every month, they achieved little more than this. What the organisation had intended as a first step in a longer development process, has become the only step. However, the fundamental aims and intentions behind the programme are sound and some key fundamental changes need to happen, within the planning and implementation stages in order for the programmes to achieve any meaningful developmental change.

5.2. Realisation of Objectives

In order to better understand the experiences of those individuals receiving food parcels, the dissertation began with five separate objectives, each of these relating in some way to three research questions that were proposed. The objectives, and how they were achieved, are discussed below and this offers us further insight into the food parcel programme, as well as the relevance of the study in understanding the experiences of the food parcel recipients and evaluating the successes of the programme.

In order to determine what impact (if any) the food parcels have on the food parcel recipients' families' wellbeing every month, objective one looked at what ways the food parcels have allowed individual recipients or their families to better themselves in different ways. In order to realise this objective, the study considered whether or not the food parcels allowed the recipients to spend time on other activities. The study found out that the food parcels have the potential to afford the food parcel recipients the opportunity to use less of their time devoted to securing money (which would be spent partially on food) and more time on a number of

different tasks, whether these are being involved in other programmes offered by the organisation, spending time seeking employment for those without any, or spending time with their families on various activities.

Objective two, looked at what extent the food parcels are necessary for the survival of the families every month. The 32 respondents who completed the study questionnaire all stated that without the food parcel, their families would not survive the month. However, for a few respondents who participated in in-depth interviews, the issue was not as black and white. Although many of them said that the food parcel was helpful and played a large part in their family's survival, if the programme were to stop, they stated they would still manage, but not without difficulty. In asking these questions the study was able to realise the objective of understanding the extent to which the food parcel recipients rely on the food parcel for their survival each month.

The second research question considered to what extent families rely on the food parcels for their dietary and welfare needs. In speaking to this question, objective three looked at which other foods the families receiving food parcels supplement the parcels with; this objective was realised through looking at several different factors, from both a financial standpoint and otherwise. The study looked at whether or not the food parcel recipients maintained vegetable gardens on their property, as well as whether not the received any other kind of assistance from other non-profit organisations, and lastly, what their household income looked like and how this was spent. It was overwhelmingly clear that the food parcel recipients have come to rely on the parcels heavily. Many of the recipients believed that without the food parcel their families would not survive the month.

Objective four also looked at answering the second research question, and as such was achieved in much the same way as objective three. Objective four looked at what, if any, other assistance the families receive, whether financial or otherwise. This was realised primarily by understanding to what extent the food parcel recipients were involved with or received assistance from other non-profit organisations in the area. It was clear from the study that the vast majority of the food parcel recipients received help from CAST alone.

Finally, the third research question which aimed to determine how far food parcels add development benefits, and how this is done, was answered through the use of objective five, which looked at what extent the food parcels create dependency on the programme for survival. This objective was achieved by looking at both the respondent's answers to the questionnaire as well as the information garnered from the in-depth interviews of the key informants. The study clearly showed that the food parcels do create a level of dependency among those who receive them. As previously stated, many of the recipients relied on the food parcel in order to have enough food every month and some of those who were able to grow food left their gardens dormant, albeit for a number of reasons, one of which was the knowledge that even without work they are certain of at least a portion of food every month.

5.3. Recommendations for the Programme Implementers

Aim of the Programme

With any developmental programme, it is vital that there is a clear, defined, and achievable aim. A specific aim allows those involved in the programme, whether implementers, participants, or recipients to be aware of what is expected of them and what they can expect of others. A specific goal also gives the programme a fixed outcome on which to focus. Within this study, the findings clearly showed a disconnect amongst the programme implementers with regard to what they believed the aim of the programme is. Due to this disconnect, the programme has not had much success in achieving its documented aim. As such, it is vital for the organisation to spend both time and energy on determining what in fact the aim of the programme is, and then disseminating this information, both within the organisation as well as to the programme participants. Once the organisation is able to agree on its aim, and all those involved in the programme are made aware of this, they are in a much better position to work towards achieving this. This is contrary to their current state, where each of those implementing the programme are attempting to pull the programme in a different direction in order to achieve what they believe the aim to be.

Once the organisation has aligned itself to a single aim (whether or not this is the aim they currently have documented), it is vital that they agree on the specifics of this aim. Currently the documented aim of the programme is to move people out of poverty, but as was seen in the findings, not only is the aim unclear to the programme implementers but what exactly it means

is also unclear. It is not only vital to the organisation that all those involved know what the aim is, but it is necessary that they understand what it means as well. For example, if the organisation does in fact agree that the aim is and should remain to be “move people out of poverty”, it becomes important that everyone involved understands exactly what this means. Without a clear understanding of this, what one individual deems as being ‘out of poverty’ may be vastly different to what another deems as being ‘out of poverty’. This misunderstanding could cause a situation where the programme implementers are satisfied with a programme participants’ level of poverty, whilst the programme recipients still feel as though they are stuck in poverty. In agreeing upon and then better defining what their aim means, the organisation will be in a much better position to achieve it, and at the same time, will avoid unnecessary confusion and even disappointment or anger between programme implementers and participants.

Assessment Process

Assessment Form

As the study findings showed, there are a number of issues with the assessment process of the food parcel recipients. The first issue is the assessment form. The type of questions and manner in which these questions are asked does not allow the organisation to gain a thorough understanding of the situation that each family is in, how prevalent their poverty is, and in what way this poverty affects them. As an example, the assessment form asks whether or not the recipient’s house is formal or informal and whether or not they own it or rent it. At first glance these questions do seem to enlist valuable information, and when considered in conjunction with some of the other assessment form questions, may perhaps be of value to the organisation. However, simply owning a formal house does not necessarily speak to the level of poverty a family may find themselves in (or vice versa). As an example, a family may own a brick house because it was passed down from their parents but this house may have no doors or windows, no running water or electricity, and may be in a terrible state of disrepair. As another example, the assessment asks if the family has water and electricity. This again does not offer the organisation a thorough picture of the family’s situation. During the interviews, one respondent, Nothando, noted that although she has electricity at home it is not a prepaid meter and as such her electricity bill is very high and she often has to borrow money from other people in order to pay the bill, although Nothando noted that she would love to have a prepaid meter as it would help her save money, she cannot afford to purchase the meter and have it installed.

In light of this, it would be beneficial to the organisation if they were to re-design their assessment form, or utilise an external assessment tool in order to garner a more in-depth and accurate understanding of their recipients and their situation. There are a number of different poverty assessment tools available to NGOs which would be far more beneficial to the organisation. Utilising an assessment tool from an outside source would also allow the organisation to make use of experts in the field of poverty assessment and be assured that the tool they use will adequately assess those in need, rather than designing a tool which, like the one they are currently using, may not be particularly effective in garnering the right information. One such assessment tool, which would suit the organisation's programme and intended outcomes, is a tool designed by Fundación Paraguay, and reworked by Poverty Stoplight for the South African context. Using the Poverty Stoplight assessment tool would give the organisation a much better understanding of the reality of those families they are placing onto the food parcel programme, and would also give the organisation a clearer 'map' to follow in order to move the families from their current state or level of poverty, to a life without the everyday struggles of poverty. Poverty Stoplight's documentation states that the approach aims at helping people progress out of poverty by empowering them to understand and map own situations (Poverty Stoplight, 2014). This specific assessment tool would suit CAST well as it encourages households to participate and own their own journeys out of poverty (speaking to the organisation's aim). Beyond their current assessment form and process, Poverty Stoplight provides a clear line of sight of how to get out of poverty, and at the same time allows those organisations implementing programmes to measure the participants' progress against their programme objectives (Poverty Stoplight, 2014).

Placement onto Programme

Due to the fact that very little is expected of those individuals who are placed onto the programme, the organisation has little interaction with them beyond the 'ministry days', at which point they hand out the parcels. If the organisation were to put into place a type of introductory session where those being placed onto the programme were able to meet together with the programme implementers and spend some time going through the inner workings of the programme as well as what expectations are placed in whose court, this would allow the organisation to ask more of the food parcel recipients, and would also begin the relationship off on the right foot. Beginning the relationship as such would enable the recipients to feel much

more comfortable around the programme implementers and allow them to speak freely with the programme implementer without fear of reprisal. One worrying discovery which occurred during the course of the study, was that a number of the food parcel recipients did not know the name of the organisation from which they received the food parcels. Although this may not be too troubling in the eyes of some, it clearly speaks to a lack of adequate interaction between the organisation and those on the programme. It was clear when speaking to the food parcel participants that many of them were placed onto the programmes without being given adequate information with regards to what is expected of them and what being placed on the programme entailed. As such, instead of becoming a fruitful partnership, where those on the programme were given a very real chance of moving out of poverty, the relationship has become, for many of the participants, nothing more than a hand-out they receive once a month from an anonymous do-good source.

As is the nature of poverty, there is automatically an unequal relationship between the organisation and the recipients, and it is vital for the organisation to work at removing any feeling of inadequacy or inequality in the eyes of the recipients as these feelings are only detrimental to their own journey out of poverty, and will have negative impacts on the food parcel recipients and their sense of security in the relationship.

Programme Completion

Although the organisation's aim is to have the food parcel recipients on the programme for no more than a year, unless there are extenuating circumstances (interview with Engelbrecht, 11/02/2016 and interview with Pepper, 17/02/2016), the reality is that many of the recipients remain on the programme for more than a year. This is, for the most part, because the organisation, during that year, fails to achieve its aim and move those families it is working with out of poverty. When new individuals or families are brought onto the programme, it should be made clear to them that the programme will last only one year. During that year it is the responsibility of the organisation to offer the families as many opportunities as possible to better themselves, whether that means access to skills development or business training, or access to counselling or educational services. However, it should be made clear to the food parcel recipients that during this year it is also their responsibility to actively engage in as many

of these opportunities as possible. If they fail to engage adequately then they will be removed from the programme and no longer receive a food parcel.

This sort of contractual relationship, although it may seem fairly harsh, enables a sense of ownership on the part of the food parcel recipients, where they feel as though they can take ownership of their move out of poverty and as such there is potential for the families to be far more enthusiastic and willing to be involved and participate in activities which they may not have felt positively about in the past.

Policies and Procedures for the Food Parcel Programme

Although the food parcel programme has a very long history, and at one point there were many discussions and plans to implement the programme nationally, there is no official documentation within the organisation with regard to the policies and procedures for the programme. It would seem that any policies or procedures around the operation and implementation of the programme are orally passed down from one head of department to the next. This is a particular issue as all the department heads bring with them their own view on what they believe will work best, as well as their own biases in what development and community engagement processes work best. As such, it is vital for the programme that the correct, agreed upon, policies and procedures are officially documented so that regardless of who is in charge of the programme, the manner in which it is implemented conforms to those procedures the organisation has agreed upon. The lack of official documentation with regard to the food parcel programme has, as is evidenced by the study findings, had a detrimental effect on the outcomes of the programme and has not enabled it to achieve much success in positively altering the lives of the food parcel recipients.

It should also be noted that without the programme's policies and procedures being properly documented, it becomes all too easy for either those in charge of implementing the programme, or the programme participants, to exploit the programme in some manner, for their own good. As such, ensuring adequate documentation exists, helps to prevent issues which could arise if this documentation is lacking.

Plans and Policies for Programme Integration

As we have seen, those working for the organisation speak extensively around the integration of the various programmes they offer, with Engelbrecht, Knighton-Fitt, and Pepper each alluding to the fact that the food parcel programme is meant to be a first step in moving people out of poverty, and that those on the food parcel programme should be integrated into the other programmes in order to begin to properly move out of poverty. However, when we consider the study findings, it is clear that there is minimal integration actually happening, and that for the most part, the food parcel recipient's only interaction with the organisation is through the food parcel programme.

The lack of integration of the programmes can be attributed to a number of causes, the chief among these are the lack of formal plans or policies for the integration of the programmes. Without any formal guide, the heads of departments are forced to grab at straws in an attempt to integrate the programmes, often resulting in any integration plans simply being put to one side. However, a natural integration of the food parcel recipients into the other programmes is also hindered by poor communication between the food parcel recipients and the organisation; without clear channels with which to communicate, multiple programmes are run in one community, without those on one programme being told or hearing about the other.

The organisation needs to spend some time drawing up a formal plan to integrate the programmes and ensure that there is adequate crossover opportunities for the food parcel recipients and their families. Not only is it important that the organisation has opportunities available to the food parcel recipients, but these need to be communicated adequately and need to be offered in such a way that the food parcel recipients can easily access them. It is useless if the organisation offers a business training course that is meant to accommodate the food parcel recipients if this is done, for example, on the day when SASSA grants are handed out. While this may seem logical, without adequate communication between the food parcel recipients and the organisation, these types of things may become an issue in the organisation's efforts to integrate the participants and programmes across the board.

Preventing dependency by enabling independence

Although it can be argued that a certain level of dependency is not necessarily a bad thing (as the organisation did indeed argue [interview with Knighton-Fitt, 11/02/2016]), it is clear that the dependency created in the food parcel recipients, by the organisation, has had a detrimental impact on them and their families. As such, it is important for the programme to work towards creating a level of independence within the recipients. This does not necessarily mean removing the food parcel itself or eliminating the cause of the dependency. Instead, while the food parcel recipients participate in the programme, the organisation can use this time period to show them ways in which to become self-sufficient in terms of food production.

There is room within the food parcel programme for training on food production. Resourcing and educating the food parcel recipients on the best practices of subsistence farming will allow many of the recipients to grow their own food. At the bare minimum, this will allow the food parcel recipients to better provide for their family's dietary needs, without the need to rely on others. Alternatively, this has the possibility to be an income generating project for many of the food parcel recipients if they are able to produce enough food to not only supply their own families but to sell to their neighbours and people from the surrounding community.

5.4. Broader Recommendations

The Bigger Picture - Legislation and the Right to Food

The necessary reliance of individuals on the food parcel programme to meet their most basic needs is very unsurprising when we consider the circumstances many other South Africans find themselves in, as well as indicative of a failure on the part of the government to implement adequate legislation to secure the basic rights that are meant to be afforded to all South Africans. While it should be noted that although adequate policy is not a panacea for the issue of food insecurity and poverty in South Africa, its value in the process of moving South Africans out of poverty should not be underestimated. As such, it is recommended that the South African government earnestly considers implementing the necessary legislation that speaks directly to the South African citizens' right to food, as a further step towards positively impacting the lives of those South Africans that need it most.

However, in light of the fact that government does not often act on its own volition, it would be appropriate and necessary for CAST, along with other organisations and NGOs in the same line of work, to advocate for the government to begin the necessary processes to formalise and implement the much-needed legislation around the issue of food security and the right of all South Africans to food.

Co-operation amongst NGOs

Across South African there are thousands of NGOs involved in work aimed at improving the lives of those most in need. Many of those organisations operate in close proximity to one another, whether this is geographical proximity or an involvement in working to solve the same issues. Each of these organisations bring with them their own experiences and expertise on whatever issue it is that they deal with. Although some of these organisations have only a very small sphere of influence, many are still actively working to change lives; if these organisations were more willing to work together to share knowledge and expertise, as well as their own experiences on what programmes have achieved success and which haven't, the potential sphere of influence of each of these organisations would grow dramatically. Not only would organisations working together closely enable organisations to avoid making the same mistakes that others have already done, but it would increase the pressure these organisations could place on government in their efforts to advocate for government to take up their mantle with regard to the specific issue at hand.

5.5. Conclusion

It is clear that the food parcel programme, although intended to be a hand up to those in need has become little more than a hand out, coupled with a handful of good intentions. In order for the programme to become effective in achieving its aim of moving people out of poverty, the organisation has a sizeable amount of work to do. It should be noted that this programme alone, or a thousand like it, will have no real or lasting impact on poverty and food insecurity in South Africa without the government taking seriously their role in implementing policy and legislation that is pro-poor, and protects and enables, adequately, the rights of all South Africans.

The extent to which the food parcel programme has positively impacted on the lives of those receiving them is debatable; what is clear, is that without the food parcels, these families' lives would look markedly different. Although the programme cannot claim to successfully move the participants out of poverty, it has played a role in ensuring the families on the programme have not found themselves destitute and without any hope. The food parcels offer those families receiving it an opportunity to breathe a little easier, to rest on the knowledge that at least a portion of the food they need to survive every month will be available to them, regardless of illness, weather or income levels. Although this does little to move them permanently out of poverty, as the food parcel alone cannot break the cycle of poverty, it does, at the least, provide the family with a sense of hope, a sense that all is not lost and that, at least until the food parcel runs out, are able to eat every night.

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Appendices

Appendix A: Assessment Form

FILE NO _____

INTAKE ASSESSMENT FORM



COMMUNITY WORKER:				DATE			
LOCATION:				REFERRED BY:			
FULL NAME OF PRIMARY CAREGIVER:							
MALE/FEMALE				AGE			
				ID NUMBER/DATE OF BIRTH			
ADDRESS (BRIEF DIRECTIONS)							
FORMAL				INFORMAL			
				OWN			
				RENT			
ELECTRICITY				WATER			
CONTACT NO							
EMPLOYMENT HISTORY (UNEMPLOYED/CASUAL/PERMANENT - WHAT PROFESSION)							
AVERAGE MONTHLY INCOME							
OTHER FAMILY MEMBERS INCOME:							
ISSUES RAISED							
HIV/AIDS				POVERTY/UNEMPLOYMENT			
TB				BIRTH CERT/ID REGISTRATION			
DRUG/ALCOHOL				GRANT APPLICATION DELAY			
DOMESTIC VIOLENCE				ORPHAN/ABANDONED/CHILD HEADED			
OTHER							

OWN CHILDREN:							
NAME AND SURNAME	GENDER	ID NO/DOB	AGE	SCHOOL/EMPLOYER	GRADE/OCCUPATION	GOVT GRANT	

OTHER PEOPLE LIVING IN HOME							
NAME & SURNAME	GENDER	ID NO/DOB	AGE	SCHOOL/EMPLOYER	GRADE/OCCUPATION	GOVT GRANT	RELATION

SUMMARY OF INTERVENTION/ASSISTANCE REQUIRED							

DETAILS OF ANY OTHER ORGANISATIONS ASSISTING:							
INTERVENTION/FOLLOW UP REQUIRED		DATE		INTERVENTION/FOLLOW UP REQUIRED		DATE	
HOME VISIT				SCHOOL VISIT			
REFERRAL LETTER				FOOD PARCEL/BABY FORMULA			
LETTER				COUNSELLING			

NB! PLEASE NOTE THAT UNLESS YOU HAVE RECEIVED A COPY WITH BELOW SIGNATURES BACK AS

APPROVED

– YOU ARE NOT TO ADD ON A NEW RECIPIENT ONTO THE ORDER OR

DISTRIBUTION LIST

Approved by: Janine Pepper

Community Manager

Signature:

Approved by: Rachel Engelbrecht

Relief Services Manager

Signature:

Appendix B: Informed Consent Form

25th February 2016

Dear CAST Client,

My name is Amy Benn, I am a Masters student at the University of KwaZulu-Natal, in the Development Studies department.

You are being invited to consider participating in a study that involves research on your experiences receiving food parcels from CAST, and how receiving these parcels may have impacted your life.

The aim and purpose of this research is to understand whether the food parcels you receive help you to move out of poverty. The research we are doing is expected to involve about 30 individuals who receive food parcels from CAST in KwaDabeka. The research will also be used to determine how the food parcel programme can be implemented more effectively, to ensure that it does not create dependency, but that it helps those receiving the parcels escape poverty.

The study will involve a simple questionnaire with one-word answers, and for some a more in depth interview, conducted by myself, along with a translator.

This study has been ethically reviewed and approved by the UKZN Humanities and Social Sciences Research Ethics Committee (approval number HSS/1505/015M).

In the event of any problems or concerns/questions you may contact the researcher at 073 964 8469 or the UKZN Humanities & Social Sciences Research Ethics

Committee, contact details as follows:

HUMANITIES & SOCIAL SCIENCES RESEARCH ETHICS ADMINISTRATION

Research Office, Westville Campus

Govan Mbeki Building

Private Bag X 54001

Durban

4000

KwaZulu-Natal, SOUTH AFRICA

Tel: 27 31 2604557- Fax: 27 31 2604609

Email: HSSREC@ukzn.ac.za

Participation in this research is completely voluntary and participation may be withdrawn at any time, refusal/withdrawal of participation will not incur penalty or loss of treatment or the discontinuation of food parcels.

Your name will not be included in any research conducted or in the dissertation and all transcripts from interviews and all questionnaires will be safely stored in a locked cabinet while the dissertation is written and approved and will then be destroyed.

CONSENT

I _____ have been informed about the study entitled ‘Experiences of individuals receiving food parcel in KwaDabeka, Durban: a hand-out or hand-up?’ by Amy Benn.

I understand the purpose and procedures of the study. I have been given an opportunity to answer questions about the study and have had answers to my satisfaction. I declare that my participation in this study is entirely voluntary and that I may withdraw at any time without affecting any of the benefits that I usually am entitled to.

If I have any further questions/concerns or queries related to the study I understand that I may contact the researcher at 073 964 8469.

If I have any questions or concerns about my rights as a study participant, or if I am concerned about an aspect of the study or the researchers then I may contact:

HUMANITIES & SOCIAL SCIENCES RESEARCH ETHICS ADMINISTRATION

Research Office, Westville Campus

Govan Mbeki Building
Private Bag X 54001
Durban
4000
KwaZulu-Natal, SOUTH AFRICA

Tel: 27 31 2604557 - Fax: 27 31 2604609

Email: HSSREC@ukzn.ac.za

I hereby provide consent to:

Audio-record my interview YES / NO

Use of my photographs for research purposes YES / NO

Signature of Participant

Date

Signature of Witness

Date

Signature of Translator

Date

Appendix C: Food Parcel Recipient Questionnaire

Age:

Marital Status: Single / Married / Widowed

Education Level:

1. How long have you been receiving food parcels? 1 year / 2 years / 3 years / 4 years+
2. How many people live in your household? 1 / 2 / 3 / 4 / 5+
3. Do you have permanent employment? Yes / No
 - a. What work do you do?
4. Do you have temporary employment? Yes / No
 - a. What work do you do?
5. Do you receive any grants from the government? Yes / No
6. Does the food parcel last a whole month? Yes / No
 - Explain
7. Do you have a vegetable garden at home? Yes / No
 - Explain
8. Have you received any other help from CAST? Yes / No
 - Explain
9. Have any members of your family received any help from CAST? Yes / No
 - Explain
10. Do you need the food parcel in order to survive each month? Yes / No
 - Explain

11. Do you receive any help from other non-governmental organisations? Yes / No
Explain
12. What impact (if any) are the food parcels making on your family's well-being every month?
13. Does receiving the food parcels allow you to spend time on other needs? Yes / No
Explain

Appendix D: Interview Questions for Food Parcel Recipients

1. How many people live in your household?
2. Has receiving the food parcels helped your family?
3. How has receiving food parcels helped your family?
4. Has CAST helped you or your family in any other way?
 - a. How has CAST helped your family?
5. Do you have permanent employment?
 - a. Has CAST helped you find work?
6. Has CAST helped you apply for any grants or fee exemptions?
7. Is your life better now than it was 5 years ago?
8. Are you involved in any other programmes offered by CAST?
 - a. Or any other non-governmental organisation?
 - b. Please elaborate
9. What would happen if you stopped receiving the food parcel from CAST?

Appendix E: Interview Questions for Key Informants

1. Why did your organisation begin the food parcel program in KwaDabeka?
2. Are there any specific goals for the programme?
3. How many individuals receive food parcels?
 - a. How many people in total benefit from the food parcels?
4. What is contained within the food parcel?
5. Has the nutritional value of the food parcel been established?
 - a. What portion of the family's nutritional needs is provided for by the parcel?
6. What are the requirements that need to be met in order to receive a food parcel?
7. How often do food parcel recipients receive the food parcels?
8. Is there a specific time period that those on the food parcels are allowed to receive them?
9. Are there any measures taken in an attempt to uplift those receiving food parcels above and beyond the actual food parcels?
 - a. Are there any other programmes or interventions that you use to help those receiving food parcels escape poverty?
10. Are there any mechanisms in place to receive feedback from those individuals/families receiving food parcels from your programme?
11. How far do families rely on food parcels for their dietary and welfare needs?
12. How far do food parcels add development benefits and how could this be done?

13. What challenges have you been facing in running the programme?

14. How can the programme be improved?

Appendix F: Ethical Approval



04 November 2015

Ms Amy Benn 210513281
School of Built Environment & Development Studies
Howard College Campus

Dear Ms Benn:

Protocol reference number: HSS/1505/015M

Project title: The experiences of individuals nursing food poverty in KwaZulu-Natal: a hand-out or hand-up?

Expedited Approval

In response to your application dated 14 October 2015, the Humanities & Social Sciences Research Ethics Committee has considered the abovementioned application and the protocol have been granted **FULL APPROVAL**.

Any alteration/s to the approved research protocol i.e. Questionnaire/Interview Schedule, Informed Consent Form, Title of the Project, Location of the Study, Research Approach and Methods must be reviewed and approved through the amendment/modification prior to its implementation. In case you have further queries, please quote the above reference number. Please note: Research data should be securely stored in the discipline/department for a period of 5 years.

The ethical clearance certificate is only valid for a period of 3 years from the date of issue. Thereafter Recertification must be applied for on an annual basis.

I take this opportunity of wishing you everything of the best with your study.

Yours faithfully

Dr Shenuka Singh (Chair)

/px

cc: Supervisor: Sarah Bracking
cc: Academic Leader Research: Dr Catherine Sutherland
cc: School Administrators: Ms Lindile Danisa

Humanities & Social Sciences Research Ethics Committee

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Website: www.ukzn.ac.za



Founding Campuses: Edgewood Howard College Medical School Pietermaritzburg Westville

Appendix G: Gatekeeper's Letter



24 April 2015

Dear University of KwaZulu-Natal,

Amy Benn is a student at the University of KwaZulu-Natal; she has proposed a Master's dissertation on 'The Experiences of Individuals Receiving Food Parcels in KwaDabeka, Durban'. The study will take place during the months of May and June, during which time she will conduct interviews with the executive director of CAST, the Relief Services Manager, the Community Coordinator for KwaDabeka, as well as a number of food parcel recipients in the KwaDabeka area.

I understand that the study involves the collection of data from key individuals within the organisation and I understand that all information collected from individuals will be done with duly informed consent from the participating individuals and that organisational members can refuse participation with no negative consequences for said individual.

I support the conduct of this research in this organization.

Yours sincerely,

Jean-Ray Knighton-Fitt

Executive Director

Church Alliance for Social Transformation

